Breakfast Tofu Scramble

Source: Vegan Kickstart

Extra-firm tofu, when crumbled, has a scrambled egg texture and, when paired with turmeric, a bit of an egg-like flavor, without any added cholesterol.

About the Recipe

108 Calories · 10 g Protein · 4.6 g Fiber
Breakfast
Gluten-free · Nut-free

Tofu is rich in plant-based protein and may even protect against certain types of cancer!

Ingredients

Makes 4 Servings

- 16 oz (434 g) extra-firm low-fat tofu
- 1 clove garlic
- 1/2 c (120 g) onion, diced
- 1/2 c (120 g) green pepper, diced
- 1/2 c (120 g) red pepper, diced
- 3/4 c (180 g) mushrooms, chopped
- 1/4 tsp (1.2 mL) turmeric powder
- 1 tsp (5 mL) cumin powder
- 3/4 tsp (3.75 mL) black pepper
- 1 tsp (5 mL) salt

Directions

1. Add 1/4 c (60 mL) water to large saute pan. Once heated, add onion.

2. When the aroma releases from the onion and it starts to become translucent, add garlic. Cook for 2 minutes, add peppers and mushrooms and add more water if vegetables are sticking to the pan. Cook for about 4 minutes or until vegetables are tender.
3. Crumble tofu with hands and add to pan along with turmeric, mixing well. Add cumin powder, pepper, and salt, then cook for another 4-6 minutes until everything is cooked through.
4. Serve with whole-grain toast or on a warm corn tortilla.

Nutrition Facts

Per serving:

Calories: 108

Fat: 4.6 g

Saturated Fat: 0.6 g

Calories From Fat: 36%

Cholesterol: 0 mg

Protein: 10g

Carbohydrate: 9.2 g

Sugar: 3.5 g

Fiber: 4.2 g

Sodium: 594 mg

Calcium: 67 mg

Iron: 3.2 mg

Vitamin C: 41.6 mg

Beta-Carotene: 399 mcg

Vitamin E: 0.5 mg