

Southwest Topu Scramble

template approved



prep time 10 minutes





Ingredients

- 8 oz/240 grams firm tofu ~3 protein,
 1 serving of fat (estimated since tofu breakdown varies)
- 2 tbsp olive oil ~2 servings of fat
- ¼ red onion/15 grams, thinly sliced
 ~0.5 servings of veggies
- ½ red pepper/43 grams, thinly sliced
 ~0.5 servings of veggies
- 2 cups kale, swiss chard, collard greens
 OR 3 cups spinach/261 grams ~3 servings
 of veggies

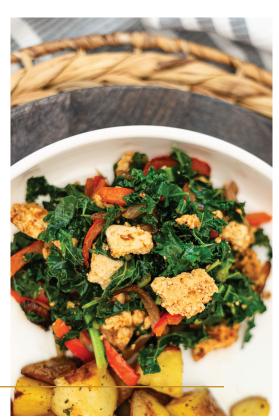
Seasoning

- ½ tsp sea salt
- ½ tsp garlic powder
- 1/2 tsp cumin
- 1/4 tsp chilli powder
- Water (to thin)
- 1/4 tsp turmeric (optional)

simple vegetarian breakfast

Instructions

- Pat tofu dry and roll in a clean paper towel with something heavy on top, like cast iron skillet
- While tofu is draining, add spices to a bowl and pour enough water to make pourable sauce. Set aside.
- Chop veggies and warm skillet over medium high heat. Once hot, add olive oil, onion and pepper. Season with salt & pepper (or your favorite all purpose spice). Cook until softened about 5 mins.
- Add kale, season a little more if desired, cover and steam for 2 minutes
- In the meantime, unwrap tofu and use a fork to crumble into bite size pieces.



- 6 Use spatula and move veggies to one side of the pan and add tofu. Saute for 2 minutes, then add sauce, pouring it mostly over tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu browns.
- Serve immediately with sides of choice, toast, fruit or potatoes.
 Optional: top with salsa or pepper sauce.

Whole Recipe Breakdown:

- 3 servings protein
- 0 servings carb
- 3 servings fat
- 4 servings veggies

