

Tofu Breakfast Scramble



This breakfast is an eggless take on the traditional breakfast scramble – the addition of ground turmeric adds color and flavor to the dish!

YIELD 6 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

14 oz	Tofu, firm (1 package)
1 Tbsp	Olive Oil
½ each	Onion, diced
½ each	Red Bell Pepper, diced
6 oz (~2 cups)	Mushrooms, thinly sliced
1 clove	Garlic, minced
1 cup	Kale, ribs removed, chopped (about 2 leaves)
¼ tsp	Kosher Salt
½ tsp	Black Pepper, ground
½ tsp	Turmeric, ground
3 Tbsp	Nutritional Yeast
¼ cup	Parsley, fresh, chopped
1 each	Avocado, thinly sliced
6 slices	Whole Wheat Bread, toasted

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Drain excess water from tofu and cut into small cubes. Set aside.
3. In large nonstick sauté pan, heat the oil over medium heat. Once hot, add the onions and bell pepper. Sauté until the onions are starting to become soft and translucent, about 2-3 minutes.
4. Add the mushrooms and garlic to the pan and continue to sauté until the mushrooms have released their liquid and browned, about 4-5 minutes.
5. Add the tofu to the vegetables and break the tofu apart using a wood spoon or spatula so the consistency resembles scrambled eggs. Once the tofu is broken up, add the kale and sauté until the kale has wilted, about 2-3 minutes.
6. Add the salt, pepper, turmeric, nutritional yeast, and parsley to the scramble, and mix to combine thoroughly. Remove the pan from the heat and set aside.
7. Toast the bread.
8. To serve, add 3 thin slices of avocado to each slice of toast and spread. Cut each slice of toast diagonals to make four small triangles each. Top each toast triangle with about 2 Tablespoons of the tofu scramble.

CHEF'S NOTES

Tofu is a fairly bland, low calorie, plant-based protein full of nutrients. It acts like a sponge, soaking up flavor during cooking, so it's important to season it well. You can also add additional spices and herbs in this dish to suit your taste.

Nutritional yeast is a dairy-free seasoning that has a cheesy, umami flavor. It can be used in place of cheese in many recipes and goes great on popcorn, salads, pasta, or veggies. It is high in protein, with a 2 Tbsp serving proving around 5 grams of protein. Additionally, it is often fortified with B vitamins making it a great option for vegetarians and vegans.

Nutrition Facts

6 servings per container

Serving size

**1/2 cup scramble w/ 1 slice bread & 3
thin slices avocado (210g)**

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 160mg	15%
Iron 2.7mg	15%
Potassium 480mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: WHEAT, SOY

Recipe adapted from *Health meets Food*, "Tofu Scramble!" (9/17/20)



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