

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, finely sliced (julienned)
½ each	Red Bell Pepper, finely sliced (julienned)
6 oz	Mushrooms, thinly sliced
1 clove	Garlic, minced
1 cup	Kale, ribs removed, chopped
¼ tsp	Kosher Salt
½ tsp	Black Pepper, ground
½ tsp	Turmeric, ground
¼ cup	Parmesan cheese, shredded
¼ cup	Parsley, fresh, chopped
1 each	Avocado, thinly sliced
6 slices	Whole Wheat Bread, toasted

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. For best results, pat the tofu dry with a paper towel before cutting into cubes. You can also add additional spices and herbs in this dish to suit your taste.

For a vegan version, swap the parmesan cheese for nutritional yeast!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Drain excess water from tofu and cut into small cubes. Set aside.
3. In medium 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, parmesan, 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.

Nutrition Facts

6 servings per container

Serving 1/2 cup scramble w/ 1 slice bread

Size & 3 thin slices avocado (193 g)

Amount per serving

Calories **230**

% Daily Value *

Total Fat 12g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol less than 5mg **0%**

Sodium 270mg **12%**

Total Carbohydrate 20g **7%**

Dietary Fiber 5g **19%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 13g **26%**

Vitamin D 0.04mcg **0%**

Calcium 70mg **5%**

Iron 0.72mg **4%**

Potassium 300mg **7%**

*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.

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



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