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!

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<td>6 SERVINGS</td>
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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 (~2 cups) 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
- 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.
Recipe adapted from *Health meets Food*, “Tofu Scromblet” (9/17/20)

CONTAINS: WHEAT, SOY