



Southwest Tofu Scramble

Makes 2 servings

Ingredients:

Tofu

- 8 ounces extra-firm tofu
- 1.5 Tbsp olive oil
- 1/4 red onion thinly sliced
- 1/2 red pepper thinly sliced
- 2 cups kale loosely chopped

Sauce

- 1/2 tsp sea salt
- 1/2 tsp garlic powder
- 1/2 tsp cumin powder
- 1/4 tsp chili powder
- Water
- 1/4 tsp turmeric (optional)

Directions:

1. Pat tofu dry and roll in several absorbent paper towels then top with something heavy for 15 minutes.
2. Make sauce by adding spices to a small bowl and adding just enough water to make a pour-able sauce.
3. Heat a large skillet to medium heat. Add olive oil and the onion and red pepper. Add a pinch each salt and pepper and stir. Cook until softened - about 5 minutes.
4. Add kale, and cover to steam for 2 minutes.
5. Unwrap the tofu and use a fork to crumble into small pieces.
6. Move the veggies to one side of the pan and add tofu to the other side. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.
7. Fold the veggies into the scramble tofu and serve immediately.

Nutrition Facts

2 servings per container

Serving size

Amount Per Serving

Calories **280**

	% Daily Value*
Total Fat 17g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1270mg	55%
Total Carbohydrate 20g	7%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 15g	30%

Not a significant source of vitamin D, calcium, iron, and potassium

*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.

Tips:

- Tofu is an excellent form of plant-based protein.
- Use less salt in the sauce to reduce sodium in this recipe.
- Consider serving with breakfast, potatoes, toast, or fruit.