

## **Tofu ‘Bacon and Eggs’ Scramble**

This fast, very versatile dish can be made as mild or as spicy as the clients prefer! It can be prepared without the vegetables, or you can substitute in sliced mushrooms and summer squash for a milder taste.

If vegan bacon is not available, substitute vegan ground round, veggie crumbles, or crumbled veggie burgers.

Serve this dish as an entrée with toast, over cooked rice or grains, or as a wrap.

(Serves 20)

- 3 Tablespoons vegetable oil
- 12 strips vegan bacon
- 1 cup chopped red bell peppers
- 1 cup chopped green bell peppers
- 1/4 cup chopped scallions
- 2 pounds drained, mashed firm tofu
- 1 teaspoon turmeric (to produce a yellow color), optional
- 1 Tablespoon low-sodium soy sauce
- 1 teaspoon black or white pepper
- 2 Tablespoons nutritional yeast

Heat oil on a griddle. Prepare the vegan bacon in oil until cooked but not crispy. Remove from the griddle (leaving the oil on the griddle), and dice into small pieces. Add all ingredients, including the diced bacon, onto the griddle. Cook over medium heat, stirring, for approximately 5 minutes or until the vegetables are the desired texture. Serve hot.

Note: If using vegan bacon bits instead of vegan bacon, omit the first step. Start by heating the oil and then add the bacon bits, vegetables, tofu, and other ingredients. McCormick Bac’n Pieces are Plant Based.

Total calories per serving: 78 Fat: 5 grams

Carbohydrates: 4 grams Protein: 6 grams

Sodium: 130 milligrams Fiber: 2 grams

## **Tofu ‘Bacon and Eggs’ Scramble**

**(Serves 4)**

- 1 Tablespoon vegetable oil
- 4 strips vegan bacon
- 1/4 cup chopped red bell peppers

- 1/4 cup chopped green bell peppers
- 2 Tablespoons chopped scallions
- 1 1/2 cups drained, mashed firm tofu
- 1/4 teaspoon turmeric (to produce a yellow color), optional
- 1 teaspoon low-sodium soy sauce
- 1/2 teaspoon black or white pepper
- 1 teaspoon nutritional yeast

Heat oil in a skillet. Prepare the vegan bacon in oil until cooked but not crispy. Remove the vegan bacon from the pan (leaving the oil in the pan), and dice into small pieces. Add all ingredients, including the diced bacon, into the skillet. Cook over medium heat, stirring, for approximately 5 minutes or until the vegetables are the desired texture. Serve hot.

Note: If using vegan bacon bits instead of vegan bacon, omit the first step. Start by heating the oil and then add the bacon bits, vegetables, tofu, and other ingredients.

Total calories per serving: 139 Fat: 8 grams

Carbohydrates: 7 grams Protein: 11 grams

Sodium: 213 milligrams Fiber: 3 grams

By Chef Nancy Berkoff, RD, EdD

[http://www.vrg.org/journal/vj2012issue4/2012\\_issue4\\_assisted\\_living\\_food\\_service.php](http://www.vrg.org/journal/vj2012issue4/2012_issue4_assisted_living_food_service.php)