

Tofu Scramble

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 24

| Ingredients | Quantity | Measure |
|---------------------|----------|---------|
| Tofu, firm, drained | 22 | oz. |
| Turmeric | 1 | tbsp. |
| Vegetable Oil | 1 | tbsp. |

Preparation

1. Pour oil in sauté pan.
2. Add turmeric and cook for 2 minutes.
3. Add tofu and cook for 10-15 minutes.
4. Optionally, add chopped red onions, red and green bell peppers and baby spinach.

Serving variations

**Serve atop an English Muffin

**Serve inside flour tortillas

Serving Suggestion

6 oz. Garnish with fresh spinach, fresh chopped tomatoes, sautéed mushrooms.

Nutrition Information

 *From USDA Nutrient Database

Calories: 102 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 2g Protein: 5g Sodium: 8mg Vitamin A: 0

Vitamin C: 0 Calcium: 134mg Iron: 1mg Folic Acid: 13 µg

