

Migas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving Size: 3 ounces

Ingredients	Quantity	Measure
Russets potatoes, peeled, cut into medium chunks	2	cups
Onion, chopped small	$\frac{3}{4}$	cup
Green bell pepper, chopped small	$\frac{3}{4}$	cup
Red bell pepper, chopped small	$\frac{3}{4}$	cup
Roma tomatoes, chopped, small chunks	$\frac{1}{2}$	cup
Fresh jalapeno, seeded and chopped small	1	each
Fresh garlic, minced	3	cloves
Firm Tofu (drained and crumbled)	14	ounces
Turmeric	$\frac{1}{2}$	teaspoon
Vegetable oil, divided	$\frac{1}{2}$	cup
Corn tortillas, cut into strips	6	each
Black beans, drained, rinsed, optional	1	cup
Oil for deep frying	2	cups
Salt	1	Teaspoon
Black pepper	1	Teaspoon
Salsa	1	Cup

Preparation

1. If time allows, press or freeze tofu to remove excess liquid as follows:
 - Place tofu block in a perforated hotel pan then put that into a regular hotel pan that fits. Add another regular hotel pan on top of the tofu and place two #10 cans of vegetables or beans on top to evenly weigh down the tofu to press out water. Let sit for 15-30 minutes.
2. Pour $\frac{1}{4}$ cup of the oil in a skillet on medium heat.
3. Add half of red and green peppers, onions, and garlic, along with the fresh jalapeno and potatoes to skillet once the oil is hot. Cook until tender. You may want to turn heat down and stir frequently. When vegetables are tender, remove the skillet from the heat.
4. Pour remaining $\frac{1}{4}$ cup of oil in another skillet on medium heat. When hot, add the turmeric and let simmer for about two minutes. Add the remaining red and green peppers, onions and garlic. Cook for 3-4 minutes and then add the crumbled tofu. Continue to cook for 3-4 minutes.
5. While tofu is cooking, deep-fry tortilla strips in vegetable oil.
6. When the potatoes mixture, crumbled cooked tofu and fried tortilla strips are ready, combine all items together with the black beans and salsa. Gently toss to combine.
7. Top with fresh chopped tomatoes.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 302 Total Fat: 17g Saturated Fat: 2.6g Monounsaturated Fat: 2.25g Polyunsaturated Fat: 7.5g

