



Roasted Vegetable Tofu Scramble

This recipe utilizes leftover roasted vegetables to create a filling breakfast. Feel free to try using vegetables other than the ones listed.

| <u>U.S.</u> | | <u>Metric</u> |
|---------------------|---|---------------|
| 1 (14 oz) container | Tofu, firm | 396g |
| 1 Tbsp | Olive Oil | 15mL |
| 1 cup | Kale, ribs removed, chopped | 70g |
| 1 cup | Roasted Vegetables, diced (we recommend onions, mushrooms, and peppers, see "Pan Roasted Chicken and Vegetables for Meal Prepping") | 180g |
| 1/4 tsp | Kosher Salt | 1.5g |
| To taste | Black Pepper, ground | To taste |
| 1/2 tsp | Turmeric, ground | 3g |
| 1/2 each | Avocado, diced | 1/2 each |
| 2 Tbsp (optional) | Sriracha Hot Sauce, for serving | 30mL |

Preparation:

1. Gather all ingredients and equipment.
2. Drain excess water from tofu and break apart into crumbles in a medium bowl. Set aside.
3. In a medium nonstick skillet, heat the olive oil on medium heat. Add the kale and saute until dark green and wilted. Add the vegetables and continue to cook until everything is warm (the time will vary depending on if the vegetables were freshly roasted or leftovers in the refrigerator).
4. Add the tofu, salt, pepper, and turmeric. If needed, break the tofu apart until the consistency resembles scrambled eggs. Saute until heated through and hot.
5. Add the nutritional yeast and stir to combine.
6. Serve 3/4 cup tofu scramble in a bowl topped with 1 Tablespoon of diced avocado and 2 teaspoons of sriracha (optional).

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size

3/4 cup scromblet

1 Tablespoon chopped avocado

Amount per serving

Calories

200

| | |
|---------------------------|--------|
| Total Fat | 12 g |
| Saturated Fat | 1 g |
| Trans Fat | 0 g |
| Monounsaturated Fat | 5 g |
| Cholesterol | 0 mg |
| Sodium | 250 mg |
| Total Carbohydrate | 9 g |
| Dietary Fiber | 3 g |
| Total Sugars | 2 g |
| Includes 0g Added Sugars | |
| Protein | 11 g |
| Vitamin D | 0 % |
| Calcium | 0 % |
| Iron | 5 % |
| Potassium | 400 mg |
| Phosphorus | 65 mg |
