

Tofu Scromblet

An egg-less "scrambled egg". The addition of turmeric adds great color and flavor to this versatile dish!

U.S.		Metric
14 ounces	Tofu, firm, cubed	400 g
1 Tbsp	Olive Oil	15 mL
1/2 each	Onion, julienned	1/2 each
1 clove	Garlic, minced	1 clove
6 ounces	Mushroom, sliced	170 g
1/2 each	Red Bell Pepper, julienned	1/2 each
1 cup	Kale, ribs removed, chopped	67 g
1/4 tsp	Salt, Kosher	1.5 g
1/2 tsp	Black Pepper, ground	1.2 g
1/2 tsp	Turmeric, ground	1.2 g
1/4 cup	Parmesan, Shredded	24 g
1/4 cup	Parsley, chopped	14 g
1 each	Avocado, sliced	1 each
6 slices	Whole Wheat Bread, toasted	6 slices

Preparation:

1. Gather all ingredients and equipment.
2. Drain excess water from tofu and cut into small cubes. Set aside.
3. In a medium sauté pan, heat the olive oil on medium heat. Sauté the onions, garlic and mushrooms until brown.
4. Add the tofu and break it apart so the consistency resembles scrambled eggs. Add extra olive oil if tofu is sticking to the pan.
5. Add the red peppers and kale. Sauté for 2-3 minutes.
6. Add the salt, black pepper, ground turmeric, Parmesan, and parsley.
7. Toast the bread and serve it with the scrambled tofu and sliced avocado.

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size **1/2 cup scromblet**
1 slice of bread
2 slices of avocado

Amount per serving

Calories **280**

Calories from Fat 120

Total Fat 13 g

 Saturated Fat 3 g

 Trans Fat 0 g

 Monounsaturated Fat 6 g

Cholesterol 5 mg

Sodium 320 mg

Total Carbohydrate 30 g

 Dietary Fiber 7 g

 Total Sugars 7 g

 Includes 0g Added Sugars

Protein 15 g

Vitamin D 0.4 %

Calcium 15 %

Iron 10 %

Potassium 471 mg

Phosphorus 137 mg