



## Tofu Scromblet

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

<u>U.S.</u>		<u>Metric</u>
14 oz	Tofu, firm, cubed	396 g
1 Tbsp	Olive Oil	15 mL
1/2 each	Onion, julienned	1/2 each
1 clove	Garlic, minced	1 clove
6 oz	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**

9/17/20

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## Nutrition Facts

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6 Servings

**Serving size**                    **1/2 cup scromblet, 1 slice bread, 1 slice avocado**

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**Amount per serving**

**Calories**                            **280**

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<b>Total Fat</b>	13 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	6 g
<b>Cholesterol</b>	<5 mg
<b>Sodium</b>	320 mg
<b>Total Carbohydrate</b>	30 g
Dietary Fiber	7 g
Total Sugars	7 g
Includes 0g Added Sugars	
<b>Protein</b>	16 g
Vitamin D	0 %
Calcium	12 %
Iron	10 %
Potassium	400 mg
Phosphorus	135 mg