

TOFU SCRAMBLE TACOS



SERVES 2

INGREDIENTS

Scramble

- ½ package (14-16 oz) organic tofu, extra-firm
- About ½ cup water
- ½ onion, chopped
- 1 garlic clove, minced
- ½ medium zucchini, finely diced
- ½ teaspoon chili powder
- ½ teaspoon cumin (optional)
- ¼ teaspoon turmeric
- Black pepper to taste
- 1 table spoon reduced-sodium soy sauce

For serving

- ½ avocado, sliced
- Salsa
- Squeeze of lime
- Corn or whole-grain tortillas

TOFU SCRAMBLE TACOS

Scrambled tofu loaded with savory spices and fresh vegetables makes for a delicious and hearty breakfast option! Enjoy fresh or make ahead and reheat for an on the go breakfast. *Serves 2*

INSTRUCTIONS

Press tofu: Pat tofu dry with a clean dishcloth or paper towels and then roll in a clean, absorbent towel. Place something heavy on top, such as a cast-iron skillet, and let sit for 10 to 15 minutes. Chop produce and measure out spices while you wait.

1. Add 2 tablespoons of water to a large skillet over high heat. When the water is simmering, add onion and garlic, stirring often, until onion is soft, about 5 minutes. Add a small amount of additional water if needed to prevent sticking.
2. Meanwhile, unwrap the tofu and place it on a cutting board. Use a fork or your hands to crumble the tofu into bite-sized pieces.
3. Add chili powder, cumin, turmeric, and black pepper and let toast for 30 seconds. Add zucchini (or other green veggies such as spinach), and tofu, reduce heat and cook, stirring often, until vegetable is tender, about 5 minutes. Add a small amount of additional water if necessary to prevent sticking.
4. Stir in soy sauce.
5. Serve in corn or whole grain tortillas and topped with salsa. Lime juice and sliced avocado.



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INGREDIENTS

- 1 package (14

- 1 package (14-16 oz) organic tofu, extra-firm
- About 1 cup water
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 medium zucchini, finely diced
- 1 teaspoon chili powder
- 1 teaspoon cumin (optional)
- ½ teaspoon turmeric
- Black pepper to taste
- 3-4 tablespoons reduced-sodium soy sauce



A green cartoon character with large eyes and a small body is peeking over the top edge of a yellow notepad. The notepad has horizontal blue lines and a red vertical margin line on the left side.