

Tofu Scramble with Vegetables & Spices

Serves: 4

INGREDIENTS

1 tablespoon (15 milliliters) oil
or 2 tablespoons (30 milliliters)
water or broth

½ medium onion, small dice

½ red or green bell pepper,
small dice

1 to 2 cups (240 to 480 milliliters)
chopped broccoli, cauliflower,
zucchini, kale, or mushrooms

½ teaspoon (2.5 milliliters)
ground cumin

½ teaspoon (2.5 milliliters)
garlic powder

1 small carrot, grated or minced

1 pound (450 grams) firm tofu,
drained, then crumbled into
scrambled egg–sized pieces

2 tablespoons (30 milliliters)
nutritional yeast

½ teaspoon (2.5 milliliters)
turmeric

¼ teaspoon (1.25 milliliters)
cayenne pepper, optional

Freshly ground black pepper,
to taste

1 tablespoon (15 milliliters) low-
sodium tamari or soy sauce

1 teaspoon (5 milliliters) honey,
agave, or other liquid sweetener
of your choice, optional



This recipe for tofu scramble is great at breakfast or any time of the day. It's especially good as a filling in veggie burritos (see below) or topped with chopped cilantro and salsa. Finding ways to incorporate plant-based proteins and vegetables into breakfast is important for health and satiety—especially if you tend to get hungry an hour or two after high-carbohydrate breakfasts.

INSTRUCTIONS

1. Heat a large nonstick sauté pan over medium-high heat, then add oil, water, or broth. Add diced and chopped vegetables and cook, stirring regularly, until all liquid has cooked off. Add cumin, garlic powder, or any other dried herbs or spices desired for flavoring. Then, stir in grated carrot and cook, stirring occasionally until all liquid has cooked off and vegetables are starting to caramelize.
2. Crumble tofu into pan and cook, stirring occasionally until most of the water released from the tofu has evaporated.
3. Add remaining ingredients (nutritional yeast, turmeric, cayenne, pepper, tamari, and liquid sweetener); stir well and cook for 1 to 2 minutes or until mixture starts to brown slightly.
4. Remove from heat and serve.

NOTES

- You can add any vegetables to this dish, but make sure to chop them small. Add when you would add the onions and pepper
- The sweetener and oil help with browning. If omitted, there will be little to no browning and you would just cook until liquid has evaporated, plus a couple extra minutes to dry the mixture somewhat.
- To make a delicious burrito for breakfast, lunch, or dinner, pile the scramble into a whole wheat tortilla with any of the following: nut-based “cheese,” salsa, pinto or black beans, roasted potatoes or Spanish brown rice, shredded lettuce or cabbage, and/or chopped cilantro.

Nutritional Info (per ¼ recipe): Calories 160, Total Fat 8.5 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Sodium 161 mg, Total Carbohydrate 11.1 g, Dietary Fiber 3.1 g, Sugars 4.3 g, Protein 13 g, Vitamin A 8%, Vitamin C 51%, Calcium 25%, Iron 15%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
