



Simple Tofu Scramble

Prep Time 20 mins
 Total Time 30 mins
 Meal Type Breakfast,Lunch,Dinner
 Source Living Plate Test Kitchen

Servings 2



Ingredients

lb,c g,ml

- 1 red bell pepper, *diced*
- 1/4 cups sweet onion, *chopped*
- 1 lb tofu, extra firm, *drained and crumbled*
- 4 cups spinach, *chopped*
- 1/2 cups basil leaves, *chopped*
- 2 tsp chili powder
- 1 tsp cumin, ground
- 1/2 tsp turmeric
- hot sauce (optional)

Directions

Prep

1. Dice pepper, chop onion and chop spinach.
2. Drain and crumble tofu.

Make

1. In a bowl, add crumbled tofu, chili powder, cumin and turmeric and massage until spices are well incorporated. Set aside.
2. Spray sauté pan lightly with oil add onions and peppers. Sauté until soft. Add tofu and sauté until warmed through, about 5 minutes.
3. Add spinach and basil to pan and season with salt to taste.
4. Top with hot sauce if desired.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	253	Total Fat 12.1g	18%	Total Carbohydrates 12g	4%
		Saturated Fat 1.5g	7%	Dietary Fiber 5g	21%
		Trans Fat 0.0g		Total Sugars 4g	
		Cholesterol 0mg	0%	Protein 26g	
		Sodium 146mg	6%		
Vitamin D 6mcg 56% · Calcium 654mg 65% · Iron 7mg 40% · Potassium 534mg 11%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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