

Tofu Breakfast Scramble with Veggies



Nutrition Facts

Servings: 1

- Calories: 443
- Carbohydrates: 34.5 g
 - Fiber: 16.6 g
 - Sugar: 8.1 g
- Total Fat: 22.4 g
- Protein: 36.2 g
- Sodium: 572.8 mg



Tofu: Tofu is a good source of protein and contains all nine essential amino acids. It is also a valuable plant source of iron and calcium and the minerals manganese and phosphorus. In addition to this, it also contains magnesium, copper, zinc and vitamin B1.

Veggie Noodle Stir Fry with Tofu

Serving: 1

Prep Time: 5 mins | Cook Time: 10 mins | Total Time: 15 mins

Ingredients:

- 3 oz extra firm or firm tofu, crumbled
- 1 Tbsp canola oil
- ¼ medium white onion, diced
- 2 cups spinach
- 6 grape or cherry tomatoes, halved
- ¼ medium green bell pepper, diced
- ½ cup of mushrooms, diced
- ½ tsp salt
- ¼ tsp garlic powder
- ¼ tsp turmeric powder
- ⅛ tsp ground black pepper
- 2 Tbsp nutritional yeast

Serve with

- 1 slice of whole wheat toast
- ½ tsp of unsalted butter

Instructions:

1. Use a paper towel and gently press tofu against a smooth surface such as a cutting board, to remove excess water from tofu. Transfer to a bowl.
2. Using the back of a fork, mash tofu into crumbles. Set aside.
3. Heat oil on a large skillet or frying pan on medium heat.
4. Once the pan is heated, add onions. Cook until onions have slightly browned and are tender.
5. Add spinach, tomatoes, bell pepper, mushrooms, and tofu. Stir in the seasonings and spices - garlic powder, turmeric powder, black pepper, nutritional yeast, and salt.
6. Mix to combine seasonings. Once the vegetables are tender, turn off heat. Transfer to a plate.
7. Serve scrambled tofu and veggies with a slice of buttered whole wheat toast for a balanced breakfast. Enjoy!



To learn more about our doctor's group, call Member Relations:
(415) 590-7418

Follow AAMG on social media for the latest news, events, and more!



Website



YouTube



Facebook