



Southwest Tofu Scramble

Yield: 4 Servings

Ingredients

16 ounces extra-firm tofu, drained
1 red bell pepper, thinly sliced
½ cup thinly sliced red onion
4 cups chopped kale
½ cup salsa

Sauce:

2 tablespoons water
1 teaspoon garlic powder
1 teaspoon ground cumin
½ teaspoon chili powder
½ teaspoon turmeric
¼ teaspoon kosher salt

Instructions

1. In a large skillet over medium heat, add crumbled tofu. Cook until most of the water has evaporated.
2. In a small bowl, stir together the sauce ingredients. Pour mixture over the tofu.
3. Add the bell pepper and onion to the skillet, and saute until the vegetables are tender.
4. Add the kale to the skillet, stir to combine. Top with salsa and serve.

Nutrition Information

Serving Size: 1 cup
Calories: 171
Total Fat: 6.7 g
Saturated Fat: 0.8 g
Monounsaturated Fat: 1.6 g
Polyunsaturated Fat: 3.9 g
Protein: 15 g
Carbohydrate: 13 g
Sugars: 3.7 g
Dietary Fiber: 5 g
Sodium: 158 mg

Source: Minimalist Baker

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