

Simple Tofu Scramble

Tofu Scramble is a simple and delicious way to start the day and also works well with lower carbs. If you do have carbs to play with, you can have it with toast or fruit!



PREP TIME

5 mins

COOK TIME

10 mins

TOTAL TIME

15 mins



COURSE

Breakfast, Gluten Free



SERVINGS

1 serving

CALORIES

220 kcal

INGREDIENTS

- 1/4 small Onion diced
- 1 clove garlic minced
- 6 oz Extra Firm Tofu drained
- 1 tsp lemon juice
- 2 Tbsp Nutritional Yeast
- 1/2 tsp sulfur salt
- 1/2 tsp turmeric
- to taste black pepper

INSTRUCTIONS

1. In a frying pan over medium heat, spritz a little cooking spray. Add the onion and garlic and sauté until onions are translucent.
2. Crumble the tofu in your hands into the pan. Add the sulfur salt, lemon juice, turmeric, nutritional yeast and black pepper.
3. Allow to cook for about 5-7 minutes, letting the bottom brown and scraping the browned bits off the bottom as you occasionally stir.

4. When the mixture looks dry and enough of it is browned to your liking, remove from the pan.

NUTRITION

Nutrition Facts

Simple Tofu Scramble

Amount Per Serving	
Calories 220	Calories from Fat 72
% Daily Value*	
Fat 8g	12%
Carbohydrates 14.6g	5%
Protein 24.6g	49%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!