



A Nutrition Resource

SCRAMBLED TOFU

**Yield: 4 Servings | Serving Size: 1/2 cup
Cost/Serving: \$1.46**

Ingredients:

- 1 (12-ounce) package silken tofu, firm or extra firm
- 1/2 teaspoon garlic powder
- 2 teaspoons cumin
- 1/4 teaspoon ground turmeric (for yellow coloring)
- 1 teaspoon dried thyme (or 1 Tablespoon fresh thyme)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons vegetable oil
- 1 medium onion, chopped into 1/2-inch pieces
- 2 cups mushrooms, sliced
- 1 green pepper, chopped into 1/2-inch pieces
- 1/4 cup water

Directions:

- 1) Drain water from tofu. Use a fork to break up tofu.
- 2) Combine seasonings in a small bowl. Set aside.
- 3) Heat oil in a medium frying pan over medium heat.
- 4) Sauté the onions for 3 minutes or until softened.
- 5) Add the mushrooms and bell peppers and sauté for 5 more minutes.

Nutrition Facts

4 servings per container
Serving size 0.5 cup (198g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 2mg	10%
Potassium 261mg	6%

*The % Daily Value 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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- 6) Add the spice mixture and mix in for about 15 seconds; then add the water to deglaze the pan.
- 7) Add tofu to the pan and stir to combine. Cook over medium heat about 10-15 minutes, until water is evaporated. Lower the heat if the tofu is sticking to the pan. Serve hot.

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