



Simple Tofu Scramble

Contributor:

Source [Living Plate Test Kitchen](#)

Prep time	Total time	Meal type	Servings
20 minutes	30 minutes	Breakfast, Lunch, Dinner	2

Ingredients

- 1 bell pepper, red, *diced*
- 1 tsp oil or spray for greasing
- 1/4 cup onion, sweet, *chopped*
- 4 cup spinach, *chopped*
- 1 lb tofu, extra firm, *drained and crumbled*
- 1/2 cup 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.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	312
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 2g	12%
Trans Fat 0g	
Cholesterol N/A	0%
Sodium 147mg	6%
Total Carbohydrates 12g	4%
Dietary Fiber 5g	19%
Total Sugars 4g	
Protein 26g	
Vitamin D N/A	0%
Calcium 654mg	50%
Iron 7mg	41%
Potassium 534mg	11%

* The % 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.

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database.

Each 'NA' 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