

# Cornbread

## Diabetic Friendly

**Items Needed:** cutting board, knife, measuring cups, measuring spoons, fork, skillet with lid, wooden spoon

**Serves:** 4

### Ingredients:

- 1 14 ounce package extra-firm tofu
- 2 Tbsp olive oil
- 1/2 red onion (thinly sliced)
- 1 red bell pepper (thinly sliced)
- 4 cups kale (loosely chopped)
- 1/2 tsp sea salt and 1/2 tsp pepper
- 1 tsp garlic powder
- 1 tsp cumin powder
- 1/4 tsp chili powder
- 1/4 tsp turmeric
- 4 TB nutritional yeast

### Directions:

1. Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil and the onion and red pepper. Season with salt and pepper and stir. Cook until softened - about 5 minutes.
2. Add kale, season with a bit more salt and pepper, and cover to steam for 2 minutes.
3. In the meantime, unwrap tofu, drain fluid from package, and use a fork to crumble into bite-sized pieces.
4. Once kale is wilted, add tofu, garlic powder, cumin, chili powder, turmeric, and nutritional yeast to the pan. Cook for another 5-7 minutes until everything is heated through.

### Nutrition Information (per 1/4 recipe):



Calories: 185 Fat: 11 g Carbs: 8 g Protein: 12 g Fiber: 3 g Sodium: 370mg

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