

Market District Demo Recipes

Entrée



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Zesty Tofu Scramble

Serves: 4

Modified from: www.MinimalistBaker.com

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

Ingredients:

- 1 (14 ounce) package extra-firm tofu
- 2 Tablespoons olive oil
- ½ red onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 4 cups kale, loosely chopped
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- ¼ teaspoon chili powder
- ¼ teaspoon turmeric
- 4 Tablespoons nutritional yeast

Directions:

1. Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil, 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 liquid 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 ¼ of the recipe):

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