
Tofu Breakfast Scrambler

Description

Chef's Note: This dish is so versatile and welcoming to all members of the family. Resembling egg in color and texture, it is a great source of protein to start the day.

Total time: 30 min Yield: 3 to 4 servings

Ingredients

1 Tbsp light oil or margarine
1/2 cup onion (chopped)
1/4 cup carrot (julienned)
1/4 cup red bell pepper (chopped)
1/2 tsp cumin
1/2 tsp dried oregano
14 oz firm tofu (rinsed, drained and patted dry)
1/2 tsp turmeric
1/2 tsp salt
1/4 tsp black pepper
1/2 - 1 cup frozen peas (defrosted)
2 Tbsp fresh cilantro or green onions (chopped)

Prep Time: 15 min Cooking Time: 15 min Total Time: 30 min

Instructions

Heat oil in a large skillet and add onion. Saute for a few minutes until it starts to soften. Add the carrot and red bell pepper and continue to cook for about 3 minutes. Then add the cumin and oregano and heat a few minutes more.

Crumble the tofu into the pan, then sprinkle the turmeric, salt and pepper and mix in well. Add peas and cook until heated through. Serve topped with cilantro or green onions.

Recipe brought to you by:

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