



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.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION



A Nutrition Resource

- 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.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION