



## Southwestern Tofu Scramble

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Ground turmeric gives this egg-free scramble a golden hue. Leftovers (if any) make a great sandwich filling.



### Ingredient List

Serves 6

- 1 medium red bell pepper, diced (about 1 cup)
- 1 small carrot, diced (about 1/2 cup)
- 4 green onions, chopped (about 1/2 cup)
- 1 clove garlic, minced (about 1 tsp.)
- 1/2 tsp. ground cumin
- 1/4 tsp. ground turmeric
- 1 14-oz. pkg. medium tofu, drained and crumbled
- 1/2 tsp. hot sauce
- 2 Tbs. chopped cilantro
- salsa, for garnish

### Directions

Heat large nonstick skillet over medium heat and coat with cooking spray. Add bell pepper and carrot, and cook 7 minutes, or until just tender. Stir in green onions, garlic, cumin and turmeric, and cook 1 minute more. Add tofu and hot sauce, and cook 5 minutes, or until heated through and all liquid has cooked off. Stir in cilantro, and serve with salsa.

### Nutritional Information

**Per SERVING:** Calories: 113, Protein: 11g, Total fat: 6g, Saturated fat: 1g, Carbs: 6g, Cholesterol: mg, Sodium: 32mg, Fiber: 3g, Sugars: 2g

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