

Scrambled Tofu with Mediterranean Flavors

Makes 2 cups, or 4 servings

- 14 ounce block extra firm tofu
- 1 large diced onion, about 2 cups
- 3 large cloves garlic, minced
- 2 tablespoons ghee or olive oil
- Salt and pepper
- 1½ teaspoons oregano
- ½ teaspoon turmeric
- ½ teaspoon chili powder
- 4 tablespoons milk or plant-based milk

Directions

Slice tofu in half lengthwise and wrap both slices in a kitchen towel. Set aside while you prepare the other ingredients.

Heat a skillet on medium-high heat and add the ghee or oil. Add the onion with a good pinch of salt and black pepper. Sauté until the onion starts to brown. Add the garlic and sauté about 30 seconds.

Crumble the tofu into the pan. Stirring frequently, cook until the tofu browns a little.

Combine the spices in a small bowl with the milk. Add to the pan and mix until the tofu is nicely colored. Heat thoroughly.

Add embellishments, like chopped red bell pepper, sun dried tomatoes and thinly sliced cooked greens. Serve in a whole grain tortilla or in a bowl with whole grain toast on the side.



NUTRITION INFORMATION PER ½ CUP WITHOUT EMBELLISHMENTS OR TORTILLA:	
Calories	138
Protein	8 g
Carbohydrate	6 g
Fiber	1 g
Fat	10 g
Sodium	88 mg
Potassium	200 mg
Calcium	146 mg

Cost per ½ cup serving: \$1.10

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