



Vegan Scrambled Tofu on Toast

MACROS | SERVING SIZE

Protein 18g | Fat 14g* | Carbs 42g

% CALORIES OF MACROS | SERVING SIZE

Calories 358 | Protein 20% | Fat 34% | Carbs 46%

NUTRIENTS | SERVING SIZE

Fiber 10g | Sodium 465mg | Sat. Fat 2g

INGREDIENTS

- 14-16 oz. block of firm tofu
- 2 tbsp. nutritional yeast
- ½ tsp. garlic powder
- Dash of cayenne pepper (optional)
- 1 tsp. hot sauce
- 2 tsp. chili powder
- 1 tbsp. hummus, plain
- ½ cup oat milk or almond milk unsweetened, plain
- 1 red bell pepper, chopped
- 1 medium red onion, chopped
- 2 Roma tomatoes, sliced
- 1 avocado, flesh mashed
- 2 tsp. balsamic vinegar
- 8 slices of whole wheat or grain bread
- Kosher salt to taste, optional
- Cracked black pepper to taste, optional

INSTRUCTIONS

Layer 3 sheets of paper towel or place a folded, clean cheese cloth on a cutting board or plate. Remove the tofu from packaging. Place a smaller plate on top of the tofu and place a heavy book or a 2 canned goods on the plate. Set aside for 10 minutes, to press and drain the liquid from the tofu.

Make the dipping wash by mixing in a small bowl the milk, spices, hot sauce, and hummus.

Cut the tofu into cubes and dip in the wash. Set aside to drain.

Meanwhile, over medium heat, bring the oil to temperature in a frying pan or skillet. Begin sautéing the peppers and onions taking care to not let them burn.

While sautéing the onions and peppers, quickly toss the tofu in the nutritional yeast to coat. Add the pieces to the onions and peppers and continue cooking until the peppers and onions are tender. For approximately 3-5 minutes. Toss to prevent burning.

Remove from heat.

Toast 8 pieces of whole wheat or whole grain, bread.

Make 4 sandwiches by spreading 1/4th of the mashed avocado topped with 1/4th of the tofu mixture and 1/4th of the sliced tomatoes on 1 slice of toast and repeat for 3 additional times. Drizzle with balsamic vinegar and salt and pepper to taste and top with another slice of toast.

Tips: To save time consider using a frozen mix of peppers and onions.

Often times, registered dietitians hear individuals report one reason they do not eat breakfast is because they do not have any appropriate food for breakfast. While at the same time, many will order out because they are challenged with not having ingredients to make a dinner. When individuals are asked, "Have you thought of having cereal and/or a cheese omelet for dinner and eating soup or a sandwich for breakfast?", this question seem nonsensical to them. Yet, once metabolism is explained as well as what it means to build a healthy eating pattern, eating pizza for breakfast no longer seems too off base. Believe it or not, a registered dietitian will tell you there is nothing wrong with pork chop and pasta for breakfast.

When your body metabolizes the foods you eat, it doesn't take points off for consuming the "wrong" type of foods at the "wrong" time. All it cares about is getting its nutrient needs met and fueling the body for energy. There is nothing wrong with nourishing your body with what you have on hand when you have it on hand. Care should just be taken to choose mostly high-quality nutrition foods (most of the time), balancing calories, and considering why you are fueling your body.

Consumption of a variety of foods from all food groups is first goal. Second, build most meals that are comprised of half fruits and vegetables and aim to have most grain sources be whole or multi-grain. Third, consume adequate protein from a variety of sources and if animal proteins are used, aim to choose mostly low or non-fat items. Fourth, keep levels of saturated and overall fat, sodium, added sugar and calories in check. Finally, leave room for some indulgences while not sweating the small stuff of what is an appropriate type of food for specific meals. Throw society norms out the window related types of foods for meals and focus on nutrition first. This means, if you want to eat the baked potato with cheese and salsa for breakfast and have a scrambled egg or tofu for dinner, then have fun and enjoy.

This featured meal is so versatile that it can be made in a big batch, frozen and used for any meal. Use this as a starting point the first time and then make it your own with high quality nutritious swaps.

Nutritional Analysis excludes optional ingredients and is based on the use of commercially prepared bread.

DIETITIAN TIPS

To pack even more fiber, vitamins, and minerals in dishes and help you feel full longer, add more of the non-starchy fresh or frozen vegetables (plain) into your dishes (1.5 to 2.0 times the amount listed in the recipe). This action will have just a small impact on the calories.

