

Tofu Scramble

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I'm beginning to lose the urge to reach out and slap the person who emphatically says they don't like kale, or chase them down in the parking lot waving my most vibrant kale bouquet screeching, "But you haven't tried *MY* kale!" Progress.

Instead, I just keep upping my kale game, making it a personal challenge to create kale dishes that are as tasty as they are nutritious. When I feel like putting together a hearty weekend breakfast or brunch reminiscent of an old-fashioned country meal, this is one of my go-to recipes. The nutritional yeast, turmeric and black salt work their magic to give this dish the look and taste of scrambled eggs.

With a little planning, this plate is simple enough to be whipped up on a school or work morning too, and is loaded with plant protein, carbs, and healthy fats. It's an EXCELLENT source of dietary fiber, potassium, vitamins A, C and calcium. By combining vitamin C rich foods (like tomatoes and bell peppers) with plant sources of iron (kale and potatoes), iron absorption will be enhanced ([source](#)). Also, combining vitamin C rich foods with organic tofu will help mitigate the effects of phytic acid contained in soy products (phytic acid can inhibit some mineral absorption). All good stuff, and...

It'll keep you going all morning! If you're still concerned about the health impact of soy consumption, I've posted some links to the latest research below. You can substitute fresh spinach for kale if kale is not your thing. We can still be friends. ;-)

Total time: 45 minutes Prep time: 20 minutes Cook time: 25 minutes

For 4 servings:

1 - 14 oz pkg extra firm organic tofu

2 T nutritional yeast

1/2 tsp turmeric

1/2 tsp black Hawaiian sea salt or smoked salt

6 cups chopped kale (seems like a ton, but it cooks down rapidly!)

1/2 yellow onion, chopped

3 cloves garlic, chopped

1 cup or 1 medium yellow bell pepper, chopped

6 long fingerling or russet potatoes, diced

2 T peanut or olive oil

1/2 tsp dried oregano

1 tsp fresh thyme or summer savory or 1/2 tsp dried

1/2 tsp freshly ground black pepper

1 large avocado, quartered and sliced

1 cup fresh cherry tomatoes, halved

1. Open and drain tofu, place on a shallow dish with a plate on top and a 28 oz can or two 14 oz can (or anything else that works as a weight) to press out additional water while you're cutting up the veg.
2. Wash, stem and chop kale; set aside.
3. Wash and dry tomatoes, slice in half; set aside
4. Dice onions. Heat large cast iron skillet to med/high. No oil is necessary. Sauté onions until golden, 15-20 minutes.
5. Heat a smaller cast iron skillet to med/high, add 1 T oil and diced potatoes. Cook until brown and crisp, 20-25 minutes.
6. Cut, peel and slice avocado; set aside.
7. Add chopped garlic and bell pepper to the onions, cook 2-3 minutes longer.
8. Add chopped kale to the onions, cook until just wilted, 2-3 minutes.
9. Drain liquid from tofu, break up into smaller chunks and add to onions, garlic and kale.
10. Add seasoning and nutritional yeast to tofu mixture. Using a spatula, break tofu up mixture until it resembles scrambled eggs.
11. Season with salt and pepper.
12. Arrange each plate with tofu scramble, ¼ crispy potatoes, ¼ cup sliced tomatoes and ¼ sliced avocado.

DIG IN!

TIPS:

- To speed up the process, the potatoes can be washed, cubed and par boiled for 10-12 minutes ahead of time. Drain, cool and refrigerate up to 3 days until needed. 5-8 minutes in a hot skillet will finish them off.

- Onions can be chopped and caramelized ahead of time. Once cooled, they can be refrigerated for up to one week. I used caramelized onions frequently, so usually always prepare about 2 cups to store in the refrigerator on my prep day for the week ahead. Likewise, caramelized onions can be scooped into ice cube trays, frozen and then bagged and labeled. They will keep for six months in the freezer.

- For a hand-held option, swap out the potatoes for whole grain tortillas or pita bread for a breakfast burrito or pita pocket.

Nutrition Facts	
Servings: 4	
Per Serving	% Daily Value*
Calories 536	
Total Fat 21.5g	28%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 127mg	6%
Potassium 2445mg	52%
Total Carb 73.2g	24%
Dietary Fiber 15.8g	56%
Sugars 6.3g	
Protein 20.1g	
Vitamin A 532% · Vitamin C 328%	
Calcium 30% · Iron 38%	
*Based on a 2,000 calorie diet	
Recipe analyzed by verywell	

When you make this, be sure to take a photo and tag me [#chefcatherinebrown](#). I love seeing what you make!

One serving provides nearly half of your dietary fiber, iron and protein requirements and more than a day's requirement of vitamin A and vitamin C!

Soy consumption, particularly unfermented soy products like soy milk, tofu and soy-based meat alternatives have gotten a bad rap recently. Some of this is because nearly ALL commercially grown soy is genetically modified (GMO) and heavily sprayed with pesticides. These concerns are mitigated by consuming only organic soy products, which outlaws GMOs and chemical pesticides. Many other headlines casting doubt over the health benefits of soy are based on

non-human research, consumption in unrealistically large amounts, or the authors not fully comprehending the chemical make-up of soy.

To find out more, you might like to take a look at [NutritionFacts.org](https://nutritionfacts.org) in which Michael Greger, M.D. FLCAM explaining the latest research. If you are not familiar with NutritionFacts.org I encourage you to take a look. As their website indicates, they are a strictly *non-commercial science-based* public service with the goal of providing free updates on the latest scientific nutrition research world-wide.

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