

Recipe

Breakfast: Veggie scramble with a side of berries (Swap for scrambled eggs)

Makes 1 serving | Prep: 5 minutes | Cook: 3-4 minutes



Ingredients

- Cooking spray
- 1 cup firm or extra firm tofu, cubed
- ½ cup chopped tomatoes
- ½ cup chopped onions
- ½ cup chopped bell peppers
- 1 cup strawberry halves

Preparation

Spray a pan with cooking spray. Over medium heat, add tofu, tomatoes, onion and bell pepper. Cook for 3-4 minutes, until onions are translucent. Serve with a side of berries.

Veggie boost: Add extra non-starchy veggies like spinach or zucchini.

Flavor boost: Use pepper and garlic powder.

Energy boost: Mix in 1/2 sautéed sweet potato.

Nutrition information per serving



Calories: 259 | Total fat: 11 g | Saturated fat: 2 g | Sodium: 42 mg | Cholesterol: 0 mg
Total carbs: 30 g | Fiber: 5 g | Sugars: 7 g | Protein: 24 g | Potassium: 809 mg

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