



# TOFU BREAKFAST SCRAMBLE

November 1

World Vegan Day

## INGREDIENTS

- 1 Tablespoon Olive Oil
- 16 Ounce Block Firm Tofu (with at least 5 grams of protein per ¼ cup)
- 2 Tablespoons Soy Sauce
- ¼ Teaspoon Turmeric
- ¼ Teaspoon Garlic Powder
- 2 Tablespoons Milk

## DIRECTIONS

1. Heat the olive oil in a pan over medium heat.
2. Mash the block of tofu right in the pan, with a potato masher or a fork. You can also crumble it into the pan with your hands. Cook, stirring frequently, for 3-4 minutes until the water from the tofu is mostly gone.
3. Add soy sauce, turmeric and garlic powder. Cook and stir constantly for about 5 minutes.
4. Pour the milk into the pan and stir to mix.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Breakfast

## YIELD

1¾ Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
⅓ Cup	⅓ Cup	¼ Cup	½ Cup