

# Migas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving Size: 3 ounces

Ingredients	Quantity	Measure
Russets potatoes, peeled, cut into medium chunks	1	pint
Onion, chopped small	$\frac{3}{4}$	cup
Green bell pepper, chopped small	$\frac{3}{4}$	cup
Red bell pepper, chopped small	$\frac{3}{4}$	cup
Roma tomatoes, chopped, small chunks	$\frac{1}{2}$	cup
Fresh jalapeno, seeded and chopped small	1	each
Fresh garlic, minced	3	cloves
Tofu, firm, drained, pat dry with paper towel and crush to resemble scrambled eggs w/ a glove and hand	14	ounces
Turmeric	$\frac{1}{2}$	teaspoon
Vegetable oil, divided	4	ounces
Corn tortillas, cut into strips	6	each
Black beans, drained, rinsed, optional	1	cup
Oil for deep frying	1	pint
Salt	1	teaspoon
Black pepper	1	teaspoon
Salsa	1	cup

## Preparation

1. Pour 3 ounces of oil in a skillet on medium heat.
2. Add half of red and green peppers, onions, and garlic, along with the fresh jalapeno and potatoes to skillet once the oil is hot. Cook until tender. You may want to turn heat down and stir frequently. When vegetables are tender, remove the skillet from the heat.
3. Pour one ounce of oil in another skillet on medium heat. When hot, add the turmeric and let simmer for about two minutes. Add the remaining red and green peppers, onions and garlic. Cook for 3-4 minutes and then add the crumbled tofu. Continue to cook for 3-4 minutes.
4. While tofu is cooking, deep-fry tortilla strips in vegetable oil.
5. When the potatoes mixture, scrambled tofu and fried tortilla strips are ready, combine all items together with the black beans and salsa. Gently toss to combine.
6. Top with fresh chopped tomatoes.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 302 Total Fat: 17g Saturated Fat: 2.6g Monounsaturated Fat: 2.25g Polyunsaturated Fat: 7.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 31g Fiber: 6g Total Sugars: 3.5g Protein: 10g Sodium: 624mg Vitamin A: 12µg Vitamin C: 18mg Calcium: 187mg Iron: 4mg Folate: 54µg

