

# Tofu Scramble

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24

Serving Size: 6 ounces

Ingredients	Quantity	Measure
Tofu, firm, drained	22	ounces
Turmeric	1	tablespoon
Vegetable Oil	1	tablespoon

## Preparation

1. Pour oil in sauté pan.
2. Add turmeric and cook for 2 minutes.
3. Add tofu and cook for 10-15 minutes.

## Nutrition Information

 per serving \*From USDA Nutrient Database

Calories: 102 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 2g Protein: 5g Sodium: 8mg Vitamin A: 0  
Vitamin C: 0 Calcium: 134mg Iron: 1mg Folic Acid: 13µg

