

Tofu Scramble Flatbread

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Tofu, firm, drained and crumbled with a gloved hand	14	ounces
Olive oil, divided	4	tablespoons
Turmeric	2	teaspoon
Onion, yellow, chopped small	½	cup
Garlic, minced	1	tablespoon
Red bell pepper, chopped small	½	cup
Baby spinach, rough chop	1	pound
Tamari sauce	1	tablespoon
Non-dairy mozzarella, shredded, optional	1	cups
Vegan naan or flatbread	6	pieces
Vegan sausage crumbles, optional	10	ounces
Salsa, optional	2	cups

Preparation

1. Heat 1 tablespoon of olive in a medium skillet.
2. Add chopped onions, garlic, and red bell pepper to the skillet and sweat for 3-4 minutes.
3. Add chopped spinach and tamari to the onions and peppers.
4. If using the sausage crumbles, add to the vegetable mixture and cook for 2-3 minutes
5. In another skillet heat 1 tablespoon olive.
6. When hot add the turmeric and let sizzle for 2-3 minutes.
7. Add crumbled tofu. Stir occasionally until blended and hot.
8. Add vegetable and sausage mixture to tofu and toss. Remove from heat.
9. Brush naan or flatbread using the 2 tablespoon of olive oil and heat in a 350-degree oven for 2-3 minutes.
10. Remove naan or flatbread and put ½ cup of tofu mixture on each half.
11. Top with non-dairy mozzarella or alternative cheese option and put back in over for 3-4 minutes.
12. Remove from oven. Top each flat bread with salsa if desired.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 272 Total Fat: 11.5g Saturated Fat: 2.3g Monounsaturated Fat: 4.5g Polyunsaturated Fat: 2g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 32g Fiber: 3.8g Total Sugar: 4g Protein: 12g Sodium: 628mg
Vitamin A: 194µg Vitamin C: 21mg Calcium: 168mg Iron: 4mg Folate: 86µg