

Scrambled Tofu

Rating: ★★

Makes: 4 servings

Ingredients

- 1 **2/5 packages** tofu (14 ounces)
- 1 **tablespoon** butter
- 2 **cups** bean sprouts (10 ounces)
- 2 eggs
- salt and pepper (optional, to taste)

Directions

1. Drain tofu.
2. In small bowl, dice or mash tofu. For optional ingredients, crush garlic and/or slice watercress, mushrooms, cheese, bell peppers, and green onions.
3. In a pan, melt butter. Add tofu. Add bean sprouts and optional ingredients. Saute over medium heat until lightly browned.
4. Beat eggs and add to tofu mixture. Cook until firm.
5. Sprinkle with salt and pepper to taste.
6. Stir and cook until firm.

Notes

Optional ingredients:

- garlic
- watercress
- mushrooms
- cheese

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	11 g	17%
Protein	16 g	
Carbohydrates	6 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	3 g	14%
Sodium	130 mg	6%

MyPlate Food Groups

Protein Foods	2 1/2 ounces
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- bell pepper
- green onions
- chop suey mix

University of Hawaii at Manoa, Cooperative Extension Service, Lifeskills in Food Education, Food Skills Cookbook Food Stamps Nutrition Education Program