



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



Scrambled Tofu*

Recipe Summary:

Preparation/Cook Time: 20-30 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: ½ to 1

Ingredients:

1 pound firm tofu

1 Tbsp sesame seed butter**

1 tsp tamari***

1 tsp turmeric (for color)

1 Tbsp sunflower seeds or sesame seeds (optional)

Vegetables of your choice (onion, red pepper, green pepper, mushroom, broccoli, carrots, etc.)

Directions:

Mash tofu, seed or nut butter, tamari, and turmeric together in a mixing bowl.

Sauté vegetables in light oil.

Stir vegetables into the tofu mixture.

Brown scrambled tofu and vegetable mixture on one side. Flip (rather than stir) and brown on the other side.

Serve with toast and side of whole grains (brown rice, bulghur, etc.) or oven roasted sweet potatoes (much tastier and healthier than the traditional hash browns).

* Adapted from memory of a recipe from the early days of the Chicago Diner

**Other nut butters—like almond or cashew—can work, too. I don't recommend peanut butter, because of its distinct flavor.

*** Tamari is aged soy sauce; it has a mellower flavor than regular soy sauce. Tamari is ideal, but you can substitute regular soy sauce in a pinch.

Nutritionist Notes:

- High in calcium
- High in iron

To decrease calories from fat (currently at about 59% without vegetables):

- May want to use low-fat tofu.