

SouthWest Tofu Scramble

Makes 4 servings

3 tsp	avocado oil, divided
1 (14 oz)	package of firm tofu, rinsed and crumbled
1 ½ tsp	chili powder
1 tsp	cumin
1/4 tsp	salt
1	small zucchini, diced
¾ cup	frozen corn
4	green onions, sliced
½ cup	tomato salsa
	optional - chopped fresh cilantro or diced avocado

1. Heat 1 ½ teaspoons of oil in large frying pan over medium heat.
2. Add tofu, chili powder, cumin and ¼ tsp salt. Cook, stirring until the tofu begins to brown (about 4 to 6 minutes). Remove from skillet.
3. Add the remaining 1 ½ tsp of oil into the pan. Add zucchini, corn and onions. Cook, stirring often until the vegetables are tender (about 3 minutes).
4. Return tofu to pan and cook, stirring until heated through (about 2 minutes).
5. Remove from heat and top each serving with 2 Tbsp salsa and cilantro or diced avocado if desired.

Adapted from: Eating Well cookbook.

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