



# 10-Minute Tofu Scramble

Looking for a quick vegan breakfast that will keep you fueled all morning? This 10-minute tofu scramble deserves a spot in your regular rotation. Golden, turmeric-tinted crumbled tofu stands in for eggs, while pinto beans add extra heartiness and bring the protein count up to a whopping 18 grams per serving. Stir in your favorite store-bought or homemade salsa, then spoon the filling into warm corn tortillas and enjoy a healthy, satisfying start to the day.

## INGREDIENTS:

2 scallions, thinly sliced

1 14- to 16-oz. package extra-firm tofu, drained

½ teaspoon ground turmeric

¼ teaspoon sea salt

¼ teaspoon freshly ground black pepper

1 15-oz. can no-salt-added pinto beans, rinsed and drained (1½ cups)

½ to ¾ cup jarred oil-free salsa

8 6-inch corn tortillas, warmed

## Tips

**Kala namak:** For an eggier flavor, use **kala namak (aka black salt)** in place of the sea salt.

By Laura Marzen, RD, LD

- 1** In a large skillet cook scallions over medium 2 minutes, stirring occasionally and adding water, 1 to 2 tsp. at a time, as needed to prevent sticking.
- 2** Meanwhile, pat tofu with paper towels until well-dried. Add turmeric, salt, pepper, and ¼ cup water to skillet; stir until well-combined. Crumble tofu into skillet; toss to coat.
- 3** Cook, uncovered, 3 to 4 minutes or until heated through, stirring frequently and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking.
- 4** Add beans and salsa to tofu mixture; cook and stir 1 to 2 minutes or until heated through. Serve with tortillas.