

## Scrambled Turmeric Tofu with Greens

**Makes 6 servings (about 3/4 cup each).** Per serving: 152 calories, 9 g total fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 8 g carbohydrates, 14 g protein, 3 g dietary fiber, 71 mg sodium, 0 g sugar, 0 g added sugar.

### Ingredients

- 2 Tbsp. nutritional yeast
- 2 tsp. turmeric
- 1/4 tsp. smoked paprika
- 1/4 tsp. black pepper
- Pinch sea salt (optional)
- 2 Tbsp. plain, unsweetened soymilk
- 1 Tbsp. extra-virgin olive oil
- 2 green onions, sliced
- 2 cloves garlic, minced
- 6 oz. (about 2 1/4 cups) sliced mushrooms
- 2 cups loosely packed chopped greens (e.g., mustard, collard, spinach, kale)
- 1/4 cup sun-dried tomatoes, chopped



### Directions

1. Remove tofu from package and press it by wrapping it in paper towels and placing it between two plates with something heavy on top for 5 minutes, to allow extra liquid to drain off tofu.
2. Place tofu in bowl and break apart with your hands to achieve a crumbly texture. Mix in nutritional yeast, turmeric, smoked paprika, black pepper, salt (optional) and soymilk. Set aside.
3. Heat olive oil in skillet and sauté green onions, garlic and mushrooms for about 5 minutes.
4. Add crumbled tofu, chopped greens and sun-dried tomatoes and sauté just until greens start to wilt (about 2 minutes).
5. Serve immediately.

Recipe by Sharon Palmer – the Plant-Powered Dietitian. Found at <https://www.aicr.org/cancer-prevention/recipes/scrambled-turmeric-tofu-with-greens/>