

# Southwestern Tofu Scramble

## Ingredients:

- 3 tsp. canola oil
- 14 ounces extra firm tofu, cut into bite sized pieces
- ¼ tsps. Chili powder
- ¼ tsps. ground turmeric
- 1 tsps. ground cumin
- ½ tsps. salt
- 1 each zucchini squash, diced
- ¾ cup frozen corn
- 4 scallions, chopped
- 4 ounces Living Whole Salsa
- 4 corn tortillas



<b>Nutrition Facts</b>			
Serving Size 8.5 oz (247g)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories 240</b>		<b>Calories from Fat 90</b>	
% Daily Value*			
<b>Total Fat</b> 10g			<b>15%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 350mg			<b>15%</b>
<b>Total Carbohydrate</b> 29g			<b>10%</b>
Dietary Fiber 5g			<b>20%</b>
Sugars 3g			
<b>Protein</b> 13g			
Vitamin A 15% • Vitamin C 25%			
Calcium 25% • Iron 20%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



## Directions:

1. Heat 1 ½ teaspoons oil in a large nonstick skillet over medium heat.
2. Add tofu, chili powder, cumin and salt and cook, stirring, until the tofu begins to brown, 4 to 6 minutes. Transfer to a bowl.
3. Add the remaining oil to the pan. Add zucchini, corn, scallions and the remaining salt.
4. Cook, stirring, until the vegetables are just tender, about 3 minutes.
5. Return the tofu to the pan and cook, stirring, until heated through, about 2 minutes more. Remove from the heat.