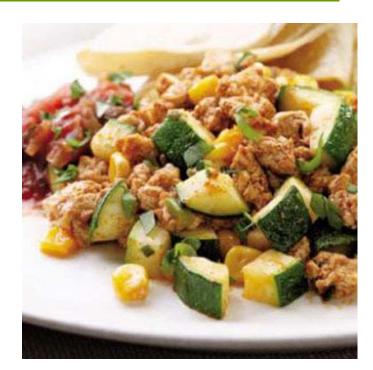


Southwestern Tofu Scramble

Ingredients:

3 tsp. canola oil
14 ounces extra firm tofu, cut into bite sized pieces
14 tsps. Chili powder
14 tsps. ground turmeric
1 tsps. ground cumin
1⁄2 tsps. salt
1 each zucchini squash, diced
3⁄4 cup frozen corn
4 scallions, chopped
4 ounces Living Whole Salsa
4 corn tortillas

		er 4	
Amount Per Se	rving		
Calories 24	0 Calo	ories fron	n Fat 90
		% Da	aily Value
Total Fat 10	g		15%
Saturated Fat 0g			0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 350	mg		15%
Total Carbo	hydrate 2	29g	10%
Dietary Fiber 5g			20%
Sugars 3g)		
Protein 13g			
	0/ 1	literation (0.05%
Vitamin A 15	,,,	Vitamin C	
Calcium 25%	6 •	ron 20%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	e higher or l	
Total Fat	Less than	2,000 65g	2,500 80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ate	300a	375a





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.

For more information contact The Living Whole Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.