

# Tofu Scramble Breakfast Wrap

## Ingredients:

Serves 4

- 1 (14-ounce) package organic firm tofu, drained
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/2 red onion, diced
- 1 tomato, diced (heirloom, if available!)
- 1 red bell pepper, diced
- 2 C kale, large center stems removed, and chopped
- 2 tablespoons nutritional yeast flakes
- 1/4 teaspoon turmeric
- 1/4 teaspoon chili powder
- 1 teaspoon dried oregano
- 1/4 teaspoon red pepper flakes (optional)
- 1/2 teaspoon kosher salt
- 1 ripe avocado
- Hot sauce, to taste
- 4 12" whole wheat tortillas, warmed



## Nutrition Facts

4 servings per container

Serving size **1 Wrap**

Amount per serving

**Calories 360**

% Daily Value\*

<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 510mg	<b>22%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 74mg	<b>6%</b>
Iron 2mg	<b>10%</b>
Potassium 259mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Directions:

1. Cut the tofu block in half, wrap in towels, press and let sit for 10-15 minutes.
2. In a large skillet, heat the olive oil over medium-low heat.
3. Add the garlic and cook for about 30 seconds, until fragrant.
4. Stir in the onion and half of the salt, and cook for 3-4 minutes, until the onions are softened.
5. Add the red pepper and tomato, and cook for another 2 minutes, until the tomatoes have released some of their juices.
6. Stir in the kale, and cook until softened, about 3 minutes.
7. Crumble the tofu on top of the veggies, and then sprinkle on all of the spices and remaining salt.
8. Cook over medium heat for 7-10 minutes, stirring frequently, until the tofu has absorbed the liquid from the tomatoes, and has taken on a golden hue from the spices and nutritional yeast. Note that you do not want the tofu to get crispy - you want it to stay a softer, egg-like texture.
9. Spread each tortilla with 1/4 of the avocado. Top with 1/4 of the tofu mixture (scant 3/4 cup), a drizzle of hot sauce (optional), and roll up tight.