



Breakfast Tacos with Tofu Scramble

INGREDIENTS

- 14 oz firm tofu
- 1/2 cup yellow onion
- 2 tbsp nutritional yeast
- 3/4 tsp turmeric
- 1/4 tsp chipotle powder
- 1/4 tsp onion powder
- 1/4 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1 tbsp green onion
- 1 handful fresh spinach (optional)
- 2 tbsp cilantro (optional)
- 2 corn tortillas
- Salsa, to taste

METHOD

1 First, press the firm tofu to remove excess liquid. Crumble the pressed firm tofu into a large bowl using your hands. Dice the yellow onion. Mince the green onion. Chop the cilantro if using.

2 Sauté the yellow onion in a skillet over medium heat until slightly translucent. Add the crumbled firm tofu and cook for about 5 minutes.

Next add the nutritional yeast, turmeric, chipotle powder, onion powder, sea salt, freshly ground black pepper, and minced green onion. Mix well to combine. Taste and adjust seasoning if needed.

3 To assemble the tacos, warm the corn tortillas in a skillet over medium heat. Remove from the skillet. Add about 1/2 cup of the tofu filling to each tortilla. Top with fresh spinach, chopped cilantro, and salsa. Serve immediately.

TIPS & ADDITIONAL INFORMATION

To press tofu, drain it, wrap it in a clean towel, place it on a flat surface, add weight, and let sit for 15–30 minutes. This removes excess moisture and improves texture when cooking. Nutritional yeast is a flaky, savory seasoning with a mild cheesy flavor. You can find it in most grocery stores, usually in the baking or health food section.