



From the Kitchen of Executive Chef Jessica VanRoo

Scrambled Egg or Tofu Breakfast Burrito

Serves 4

348 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

Using tofu in place of eggs or other animal protein (sausage, bacon, ham, etc.) greatly reduces the fat without sacrificing flavor in this breakfast scramble.

The plant-based protein is also great for promoting kidney health, reducing heart disease and the risk of osteoporosis, a debilitating bone disorder common in women after menopause.

And then there's spinach. This leafy green is packed with important nutrients (vitamins K, C and A, not to mention folic acid, iron and calcium), and it's also high in fiber. There's definitely some truth behind Popeye getting his strength from spinach!

Total cost: \$5.83/\$1.46 per serving

Ingredients - Salmon

- 1 tablespoon olive oil
- ½ cup diced onion, about ½ onion
- 2 cloves garlic, finely chopped
- 6 button mushrooms, roughly chopped
- 1 medium Roma tomato, diced
- 6 eggs whisked together or 1 package firm tofu (12-14 ounces), drained and pressed between paper towels to dry
- 1 teaspoon turmeric
- ¼ teaspoon smoked paprika
- 1 teaspoon dried oregano
- ½ teaspoon chili powder, more as desired
- 2 cups roughly chopped baby spinach, about 4 oz
- 1/3 cup shredded cheese or ¼ cup nutritional yeast
- Salt and pepper to taste
- 4 large whole wheat flour tortillas, or 8 whole wheat regular size

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Instructions

1. Heat a pan over medium-high heat. Once hot, coat the pan with oil.
2. When the oil is hot, add the onion, garlic and mushrooms. Cook until mushrooms are soft, about 3 to 4 minutes.
3. Add tomato and continuing cooking until soft.
4. Crumble tofu to resemble scrambled eggs into the pan. Add turmeric, paprika, oregano and chili powder and mix well. Cook for 1 to 2 minutes to make sure tofu is heated.
5. Cook for 1 to 2 minutes, making sure the tofu is heated. If you are using eggs, whisk them into the pan and cook for 1 to 2 minutes.
6. Add spinach and cook for 1 to 2 minutes more, until spinach is wilted.
7. Turn off heat and sprinkle with cheese or nutritional yeast. Taste and season with salt and pepper, as desired.
8. Fill regular tortillas with about 1 cup of filling, 1 ½ cups for large tortillas. Roll and wrap in foil. Refrigerate for at least 2 hours, preferably overnight.
9. Burritos may be refrigerated for up to 3 days and frozen for 1 month, reheat before serving.
10. If frozen, defrost burritos in refrigerator overnight. Reheat in microwave at 50% power for 2 minutes, then at regular power for 1 minute or until heated through.