

Spicy Tofu Scramble - Recipe

Brad Paul - Guru Habits.com

Ingredients (1 serving.)

- 5 oz. extra firm tofu block drained and diced.
- 1/4 cup egg whites or egg substitute.
- 1/3 cup pre-cooked whole-grain brown rice.
- 1/4 cup pre-cooked chopped spinach.
- 1/4 teaspoon chili powder or other low or non-sodium (salt) seasoning.
- 1/8 teaspoon ground red or black pepper or other low or non-sodium (salt) seasoning.
- Note: Liquid seasonings are not recommended as they make the recipe watery.
- 1/2 diced small (Hass) avocado.
- 5-7 (based on size) cherry or grape tomatoes.

Equipment

- Microwave oven. Used for speed, easy cleanup, and to avoid frying.
- Medium size (deep & 6-8" diameter) microwave-safe bowl.
- Microwave-safe cover. (I use a matching plate.)
- Heat protection pads or gloves.
- Medium size kitchen knife.

Preparation

- Tofu usually comes in 14-16 oz. blocks packaged in a tub filled with water. Using a knife, cut an opening in the plastic covering along one side of the tub and discard the water.
- Completely remove the plastic cover. Cut the tofu block into thirds so that you end up with three pieces. Place one of the pieces into a medium size (6-8") microwave-safe bowl. Put the remaining tofu into a storage container, cover with filtered or spring water, and place in a refrigerator. To keep the tofu fresh, change the water every day or as you use it -- like I do.
- Dice the tofu block by slicing it into 3-4 strips across the top. Turn it on its side and do the same. Then slice it in the other direction across the strips so that you end up with a bunch of 1/2" – 1/4" cubes.
- Cover the bowl with a microwave-safe cover (or plate) and cook it on high for 2 1/2 minutes.
- Using heat protection pads, remove the bowl from the microwave.
- Push the cover slightly to one side of the bowl to create a tiny opening. Using heat protection pads, firmly grasp the bowl and cover, and then carefully rotate it toward the opening until the water from the tofu begins to drain. Shake up & down to encourage thorough draining. Reverse the process by creating an opening on the opposite side and then drain again. This procedure works best with a plate.
- Add 1/4 cup of egg whites or egg substitute, cover, and microwave on high for 1 minute.
- Slice the cooked egg and tofu in both directions & stir to break it up.
- Add 1/3 cup of pre-cooked whole-grain brown rice.
- Add 1/4 cup of pre-cooked chopped spinach.
- Mix ingredients thoroughly.
- Cover the bowl and microwave on high for 1 1/2 minutes.

- Drain in the same way described above. Little or no liquid should drain out.
- Add 1/4 teaspoon chili powder or other low or non-sodium (salt) seasoning.
- Add 1/8 teaspoon ground red or black pepper or other low or non-sodium (salt) seasoning.
- Mix in seasonings.
- Add 1/2 diced small avocado on top.
- Add 5-7 (based on size) cherry or grape tomatoes on top.

Details

You don't have to measure each ingredient exactly or include every item. If there are ingredients that you like or don't like, increase, reduce, or eliminate them. However, I encourage you to not remove ingredients simply because you've never eaten this particular combination of foods before. Be bold! Try it!

Draining is necessary due to the high water content in tofu. There is also some water in spinach. Although it's a bit of a hassle, draining it well makes the recipe much better by not being watery.

For expediency in preparing my healthy breakfast, I make a 5-7 day supply of brown rice and chopped spinach in advance. Doing it in the way that I will explain takes very little time and effort.

I buy 30 oz. boxes of frozen precooked whole-grain brown rice from Trader Joe's. There are three (3) 10 oz. bags of brown rice in each box. It's great brown rice and it's ready in three (3) minutes in a microwave. Since I'll be adding it to my tofu scramble recipe and then microwaving it for 1 1/2 minutes, I only microwave the rice for two (2) minutes and not three (3) minutes as the instructions say. This way I am not overcooking the rice and ruining its taste or consistency. I recommend that you subtract 1 minute from the cooking time if you use a similar precooked, frozen brown rice product.

I buy 16 oz. bags of frozen chopped spinach from Trader Joe's as well, but this type of product is available at most stores. I do like the way the Trader Joe's product easily mixes in my recipe, however. I cook the entire bag in a microwave for 1 minute less than what the instructions say as I do for the brown rice.

Once I add the brown rice and chopped spinach to the recipe, I microwave it for 1 1/2 minutes rather than 1 minute to allow for the fact that it is usually cold from refrigeration and it is mixed in with the tofu and egg.

You can add many different ingredients depending on what you have on hand at the time. For example, if you have some salmon, skinless chicken breast, or broccoli leftover from the previous night's dinner, you can add these items to your tofu scramble.

You can also play with the seasonings so that the tofu scramble matches your favorite flavors. One word of caution though. It's easy to overlook the high sodium (salt) levels in many seasonings. For example, most hot sauces are high in sodium. That's why I use chili powder instead. It's low in sodium and it doesn't make the recipe watery like liquid seasonings do.

One of the nice things about tofu is that it easily absorbs whatever seasonings are around it. Knowing this you can experiment. For example, if you add some diced teriyaki chicken from the night before, the tofu will take on those flavors.

Preparing this healthy breakfast may seem like a lot of work, but once you get used to it you'll have it ready in a snap! And once you see how a healthy breakfast affects your vitality, appearance, and health you'll be eager to prepare it.

To your health and fitness,

Brad Paul