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Our Heart "Beets" Plant Strong

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Tofu Scramble

Ingredients:

- 1 14 oz. box Firm Tofu
- 3 medium golden potatoes
- 1 bundle of Kale
- 1 cup fresh salsa
- 2 Tomatoes
- 1 cup sliced mushrooms
- ½ Onion
- ½ Avocado (optional)
- 2 tsp Turmeric
- 1-2 Tbsp Nutritional Yeast
- 1 Tbsp Garlic
- 1 tsp Smoked Paprika
- ¼ tsp cumin
- sprinkle of Black Salt*(optional)
- Pepper to taste

Directions:

1. Remove & rinse tofu; slice & dice- then set aside on a paper towel to let excess water release.
2. Wash & peel potatoes; dice into small chunks.
3. Add diced potatoes to a sauce pan. Add a cup of water and bring to a boil. Cover & cook until soft. Remove excess water.
4. Add tofu to your potatoes in the sauce pan. Begin to break apart diced tofu and potatoes with your cooking spoon/spatula. Add in spices (note to reduce sodium – omit Black Salt.) Mix well until spices are evenly spread throughout, and your “scramble” has a nice golden color.
5. Wash & chop kale, tomatoes and onion and mushrooms. In a skillet, sauté chopped onion in water until translucent. Add in Kale (note drizzling with either lemon juice or vinegar will reduce the sourness of kale and make the taste milder), tomatoes and mushrooms. Cook until tender.
6. Add both your cooked greens and scramble to your plate. Top with fresh salsa & avocado if you’d like.

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories	207
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 1 mg	0 %
Sodium 168 mg	7 %
Potassium 803 mg	23 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 7 g	27 %
Sugars 4 g	
Protein 10 g	21 %
Vitamin A	7 %
Vitamin C	51 %
Calcium	10 %
Iron	16 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	