

Fit Spokane Recipes

Tofu Scramble with corn, mush- rooms, & bell peppers



Ingredients	Amount
Olive oil	2 tbsp plus 2 tsp
Fresh lime juice	2 Tbsp
Sweet Curry Powder	1 Tbsp
Fresh Ginger, peeled and minced	1 inch
Firm Tofu, cut into 1" cubes	1 lb
Cremini Mushrooms, sliced	8 oz
Garlic	2 cloves
Green onions, thinly sliced	1 bunch
Red bell pepper, thinly sliced	1
Sweet yellow corn kernels	1 cup
Fresh cilantro, chopped	2 Tbsp

Directions

In a large bowl, stir together 2 tsp olive oil, lime juice, soy sauce, curry powder, and ginger. Add tofu and stir gently to coat.

Heat 2 Tbsp olive oil in a large frying pan over medium-high heat. Add mushrooms and cook, stirring often, until they release their juices and begin to brown, 3-4 minutes. Stir in garlic and green onions and cook until garlic is fragrant and onions are softened, about 1 minute. Stir in bell pepper and corn and cook until softened, 1-2 minutes

Add tofu with its marinade. Stir to combine and break up pieces of tofu slightly. Cook, stirring often, until liquid is evaporated and parts of the mixture are crusty and browned, about 5 minutes longer. Remove from heat, stir in cilantro, and serve.

Nutrition Info:

Serving size: 1/4 of recipe (serves 4)

Calories	215 cal
Fat	15 g
Carbohydrates	15 g
Protein	11 g

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