

Breakfast

Veggie Scramble

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Serves: 2

Preparation Time: 15 minutes

Ingredients:

3 cups organic baby spinach or baby kale
1 cup chopped onion
1 cup chopped green pepper
1 cup diced tomatoes
8 ounces (1/2 block) firm tofu (or 3 eggs - see note)
1 tablespoon Dr. Fuhrman's VegiZest, Mrs. Dash, or no salt Spike, to taste

Instructions:

Saute spinach, onions, peppers, and tomatoes until tender.

Squeeze out as much water as you can from the tofu and then crumble it over the vegetable mixture and cook until tofu is lightly browned.

Add seasoning.

Note: This recipe can be made with eggs instead of tofu. Blend 3 eggs with 1/4 cup non-dairy milk, pour over the vegetable mixture and cook until eggs are done. It is also excellent with 2 eggs and the tofu crumbled in.

Per Serving:

CALORIES 255; PROTEIN 23g; CARBOHYDRATES 24g; TOTAL FAT 10.7g; SATURATED FAT 1.5g; SODIUM 71mg; FIBER 8g; BETA-CAROTENE 2941ug; VITAMIN C 85mg; CALCIUM 870mg; IRON 5.7mg; FOLATE 176ug; MAGNESIUM 135mg; ZINC 2.5mg; SELENIUM 21ug

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