



## Scrambled Tofu Breakfast Burrito

**Yield: 16 servings**

### Ingredients

#### Tofu

24 ounces firm or extra-firm tofu  
2 tablespoons water  
6 cloves garlic (minced)  
2 tablespoons hummus  
1 teaspoon chili powder  
1 teaspoon ground cumin  
2 tablespoons nutritional yeast  
½ teaspoon kosher salt  
2 pinches cayenne pepper, optional  
½ cup parsley, minced

#### Vegetables

5 Yukon gold potatoes, small cubed  
2 red bell peppers, diced  
2 tablespoons water  
2 pinches kosher salt  
1 teaspoon ground cumin  
1 teaspoon chili powder  
3 cups kale, chopped

#### For the Rest

8 to 10 6-inch whole wheat tortillas  
1 avocado, chopped or mashed  
1 bunch cilantro  
16 ounces blueberries, washed

**See other side for instructions**

Presented by  
**Culinary Medicine**

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### Instructions

1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper.
2. Crumble the tofu with a fork into smaller pieces. Set aside.
3. Add potatoes and red pepper to the baking sheet. Drizzle with water and spices, and toss to combine.
4. Bake for 15 to 22 minutes, until slightly browned.
5. Add kale in the last 5 minutes of baking to wilt, tossing with the other vegetables to combine seasonings.
6. Heat a large skillet over medium heat. Add water, garlic and tofu, and sauté for 7 to 10 minutes, stirring frequently, to slightly brown.
7. In a small mixing bowl combine the hummus, chili powder, cumin, nutritional yeast, salt and cayenne (if using). Stir to combine. Then add water until a pourable sauce is formed. Avoid making the sauce too thin! Add water a little at a time, stirring frequently. Then add parsley and stir.
8. Add the spice mixture to the tofu and continue cooking over medium heat until slightly browned (3 to 5 minutes). Set aside.

### Assemble Burritos

1. Roll out a large tortilla. Add generous portions of the roasted vegetables, scrambled tofu, avocado and cilantro.
2. Roll up and place seam side down. Continue until all toppings are used up, 8 to 10 burritos.
3. Serve burritos with blueberries on the side.
4. Enjoy immediately for best results.



### Nutrition Information Serving Size: ½ stuffed burrito

Calories: 189 | Total Fat: 6 g | Saturated Fat: 2 g | Sodium: 402 mg  
Total Carbohydrate: 27 g | Dietary Fiber: 6 g | Sugars: 5 g | Protein: 9 g

Recipe by Dana Schultz at [minimalistbaker.com](http://minimalistbaker.com). Nutrition calculated by Werner Absenger, PhD, MS for MindBodyMed.