

Kimchi Tofu Scramble

6 ingredients · 10 minutes · 2 servings



Directions

1. Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
2. Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
3. Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately one cup.

Ingredients

- 1 1/2 **tsps** Sesame Oil
- 453 **grams** Tofu (regular firm, patted dry, crumbled)
- 1 **tbsp** Tamari
- 4 **cups** Kale Leaves (stems removed, finely chopped, packed)
- 2 **tbsps** Nutritional Yeast
- 1 **cup** Kimchi (drained)

Nutrition

Amount per serving

Calories	283	Vitamin D	0IU
Fat	16g	Vitamin E	0mg
Carbs	10g	Vitamin K	203µg
Fiber	7g	Thiamine	7.2mg
Sugar	3g	Riboflavin	7.8mg
Protein	31g	Niacin	42mg
Cholesterol	0mg	Vitamin B6	8.0mg
Sodium	933mg	Folate	87µg
Potassium	762mg	Vitamin B12	33.8µg
Vitamin A	2091IU	Phosphorous	304mg
Vitamin C	39mg	Magnesium	107mg
Calcium	777mg	Zinc	3mg
Iron	8mg	Selenium	30µg

