

Sunday Morning Scramble, Serves 4

1 medium potato
1 T olive oil
1 onion, chopped
1 red bell pepper, chopped
3 oz mushrooms, sliced (about 2/3 cup)
1 pound firm tofu, rinsed and patted dry
1/3 cup salsa
3 T nutritional yeast flakes
1/4 t freshly ground black pepper

1. Put the potato cubes into a pot of boiling water, and boil for 2 minutes. Drain the potatoes and return to the dry pot. Drizzle with 1 T of the olive oil and stir to coat. Mist a baking sheet with nonstick cooking oil spray. Spread the potatoes on the baking sheet in a single layer and place under the broiler for 5 minutes or until golden brown. Remove from the heat and set aside.

2. Put the remaining T olive oil in a large nonstick skillet and set over medium-high heat. Add the onion and cook, stirring, until softened about 3 minutes. Add the red bell pepper and mushrooms and cook, stirring, for 5 minutes. Crumble the tofu into the pan and cook, stirring for 2 minutes. Stir in the salsa, nutritional yeast flakes, pepper and reserved potatoes. Cook until heated through and serve immediately while hot.

Per serving: 0mg cholesterol, 202 calories, 12 g fat, 11 g carbohydrate, 14 g protein.