

Huevos Rancheros

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of Vegan Culinary Experience

A healthy twist on a classic brunch dish!

About the Recipe

153 Calories · 8 g Protein · 3 g Fiber

Breakfast

Gluten-free · Nut-free

Add extra flavor with a high-quality, fresh salsa!

Be sure to pick gluten-free tortillas or toast if you are following a gluten-free diet.

Ingredients

Makes 3 Servings

- extra firm tofu (8 ounces)
- Yukon Gold potato, cubed (1)
- salt (1/4 tsp.)
- ground turmeric (2 tsp.)
- chili powder (1/2 tsp.)
- salsa (1/2 cup)
- tortillas or pieces of toast (3)
- chopped fresh cilantro (3 tbsp.)
- Roma tomato, diced (1)

Directions

1. Crumble the tofu in a mixing bowl.
2. Cook the potato by steaming it for about 5 minutes.

3. While steaming, heat a skillet over medium heat. Add tofu and salt and cook for about 3 to 4 minutes, stirring gently and slowly.
4. Add the turmeric, chili powder, and potato, cooking for 1 minute more.
5. Add the salsa.
6. Place equal portions of the scrambled tofu on each toast or tortilla, then top with cilantro and tomato. Leftovers: Heat the scrambled tofu over medium heat for about 3 minutes, adding the salsa after about 1 minute. Cook for another 2 minutes and then complete with the other ingredients.

Nutrition Facts

Per serving

Calories: 153

Protein: 8 g

Carbohydrate: 19 g

Sugar: 1 g

Total Fat: 5 g

Calories from Fat: 24%

Fiber: 3 g

Sodium: 119 mg