

Tofu Breakfast Scramble- 1 serving

Ingredients:

1. ¼ block of any tofu (can be firm, medium firm, etc.)
2. ¼ white onion or sweet yellow onion (diced)
3. handful of sliced mushrooms
4. handful of sliced cherry tomatoes (or any tomato chopped up)
5. half a bell pepper (any color you prefer, I like green) (sliced/diced)
6. salt and pepper to taste (I usually use ½ tsp. of salt and two grinds of pepper)
7. hot sauce (I prefer Cholula, but use what you got!)
8. You can add basically anything to this, so if I left out your favorite veggie, please add it!

Instructions:

1. heat a non-stick pan on medium and add in your diced onion and sliced mushroom.
2. After about 5 mins or so when the onions have caramelized, add in your diced bell pepper and tomatoes.
3. Let your veggies cook while you prepare your tofu. Take your ¼ block and crumble it onto a plate with your hands. This will be messy, but its an important step to get an “egg” like bite. Drizzle your hot sauce onto the tofu and mix either with your hands or a spoon until each bit is covered. I use A LOT of hot sauce (probably 2 tablespoons of Cholula), but you can use however much you like.
4. Place the tofu into your pan with the veggies and cook until the tofu is hot. (about 3-4 mins) and enjoy!
5. I top this off with ¼ of an avocado and some more Cholula hot sauce.

Nutrition Facts

- ¼ block tofu = approx. 80 cal
- veggies...do they even count? Let's say approx. 50 cal
- olive oil = approx. 100 cal
- TOTAL= approx. 230 cal

*I love eating this **tofu scramble** with either some toast or my **FAVE breakfast potatoes***

Breakfast Potatoes- 1 serving

Ingredients:

1. 1 russet potato
2. olive oil
3. salt
4. paprika
5. garlic powder

Instructions:

1. Peel a russet potato and cut off a fourth of it. You will only be using a fourth of the potato for 1 serving, but can easily double, triple, or QUADRUPLE this recipe by using more of the potato
2. Heat a nonstick pan on medium and drizzle in about 1 tablespoon of olive oil.
3. Chop your potato into relatively thin slices (picture a potato wedges thickness and strive for that).
4. Drop your potatoes into the hot pan and quickly add 1 tsp. salt, 1tsp. paprika, and ½ tsp. garlic powder.
5. Mix the seasonings with the potatoes in the pan and cover. Let sit for 4 mins.
6. Try to flip your potatoes or at least stir the pan so the other side of the potatoes get golden. Let sit for another 4 mins, or to your desired crispiness.
7. And serve!

Nutrition Facts-

- ¼ russet potato= approx. 60 cals
- olive oil = approx. 100 cals per tablespoon (could be different between brands)
- TOTAL= approx. 160 cals