🍳🌱 VEGGIE TOFU SKILLET

A colorful, savory tofu skillet packed with tender vegetables, fresh basil, and plant-based protein for a wholesome and satisfying meal.



Serves 4

🥬 INGREDIENTS

- 1 cup red onion, quartered and thinly sliced
- 1 cup mushrooms, halved and thinly sliced (about 4–6 medium mushrooms)
- 16 oz extra-firm tofu, well-drained and crumbled
- 1 clove fresh garlic, minced
- ½ to 1 tsp salt
- 4 fresh sweet basil leaves, chopped *(or ½ tsp dried basil)*
- 2 cups fresh spinach, packed
- 1 cup cherry tomatoes, halved
- ½ cup vegan mozzarella cheese, grated

👩‍🍳 INSTRUCTIONS

1. Sauté onions and mushrooms in a large dry non-stick skillet over medium-high heat for about 10 minutes, stirring often, until softened and the released liquid has evaporated.
2. Add crumbled tofu, garlic, salt, and basil. Cook for 5 minutes, stirring occasionally.
3. Add spinach and cherry tomatoes and cook just until the spinach is wilted and the tomatoes are warmed through.
4. Sprinkle the vegan mozzarella cheese evenly over the skillet and cook until softened or melted.
5. Serve warm over whole-grain toast or Straw Potato Waffles.

🌱 NUTRITION BENEFITS

Tofu: Provides plant-based protein, iron, and calcium to support muscles and bones.
Mushrooms: Supply B vitamins and antioxidants while adding savory flavor.
Spinach: Rich in folate, vitamin K, iron, and protective antioxidants.
Tomatoes: Provide vitamin C and lycopene, a powerful antioxidant.
Red Onion & Garlic: Add natural flavor along with beneficial plant compounds.

📊 NUTRITION INFORMATION

Per serving:
173 Calories | 8 g Fat | 1 g Saturated Fat | 0 mg Cholesterol | 407 mg Sodium | 11 g Carbohydrates | 4 g Fiber | 3 g Sugar | 16 g Protein

REFERENCE: Adapted from: Brighten Up Breakfast..by Erica Nedley