



Recipes Handout

Class #3: Getting in Gear

Breakfast Tofu Scramble

Makes 4 servings

Ingredients:

- 14-16 ounces tofu, extra firm (light or low-fat when possible)
- 1 clove garlic, minced
- 1/2 cup onion, diced
- 1/2 cup green pepper, diced
- 1/2 cup red pepper, diced
- 3/4 cup mushrooms, chopped
- 1/4 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 3/4 teaspoon black pepper
- 1 teaspoon salt

Directions:

Add 1/4 cup water to large saute pan. Once heated, add onion. When the aroma releases from the onion and it starts to become translucent, add garlic. Cook for 2 minutes, add peppers and mushrooms and add 1/4 cup water to assist with sauteing. Cook for about 4 minutes or until vegetables are tender. Add tofu and turmeric and mix well. Add cumin powder, pepper, and salt, and cook for another 4-6 minutes until everything is cooked through. Serve with whole grain toast or on a warm corn tortilla.

Per serving: 121 calories; 10.4 g protein; 10.6 g carbohydrate; 2.8 g sugar; 5.3 g total fat; 36.6% calories from fat; 4.7 g fiber; 594 mg sodium

Recipe adapted from Jill Eckart, CHHC

Mexican Kale and Blue Corn Salad [MK]

Makes 4 servings

Ingredients:

- 1 small bunch of kale
- 1/2 teaspoon salt
- Juice of 1 lemon
- 1/2 red onion, diced
- 1 1/2 cups sweet white corn, frozen or canned (drained or thawed)
- 1 16-ounce can black beans, rinsed (no salt added or low-sodium preferred)
- 1/2 cup salsa, jarred or homemade
- 1 tablespoon pumpkin seeds/pepitas, unsalted
- 1/2 cup unsalted blue corn tortilla chips (baked preferred)

Directions:

Wash kale, remove stems, and break up into small bite-size pieces and place in a medium bowl. Add the salt and half of the lemon juice. Massage the kale for 1-2 minutes and set aside. Add red onion, black beans, corn, salsa, and pepitas to the massaged kale. Then sprinkle with crushed blue corn chips and drizzle with remaining lemon. Serve immediately.

Note: If you are not serving this recipe immediately, reserve the corn chips until ready to serve as they will get soggy. Also, if you cannot find corn chips, this recipe still tastes great with just the crunch of the pepitas. To create a brighter look, add a fresh diced tomato or a red pepper.

Per serving: 239 calories; 15.3 g protein; 57.3 g carbohydrate; 4.8 g sugar; 2.8 g total fat; 8.1% calories from fat; 16 g fiber; 552 mg sodium

Recipe adapted from the *21-Day Weight Loss Kickstart* by Neal Barnard; Recipe by Jason Wyrick