Breakfast, Mediterranean

Savory Tofu and Quinoa Breakfast Bowl

A warm bowl of golden scrambled tofu served over quinoa and cauliflower rice, topped with crisp vegetables, massaged kale, and a lemony tahini dressing.



Vegetarian | Gluten free

20 min	400	39 g	4 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 2 sprays, 0.5 g nonstick cooking spray (olive oil)
- [ ] 10 oz firm tofu
- [ ] 1/2 tsp turmeric
- [ ] 1/2 tsp garlic powder
- [ ] 1/8 tsp kosher salt
- [ ] 3 tbsp unsweetened almond milk (divided)
- [ ] 2 tbsp tahini
- [ ] 2 tbsp almond or soy yogurt (plain)
- [ ] 2 tsp lemon juice
- [ ] 1/2 cup cauliflower "rice" (steamed)
- [ ] 1 cup quinoa (cooked)
- [ ] 1/2 cup carrots (matchstick)
- [ ] 4 whole radish (sliced)
- [ ] 1 cup kale

Nutrition Facts

Per serving

Calories	400
Total fat	19 g
Saturated fat	3 g
Sodium	160 mg
Total carbs	39 g
Fiber	7 g
Total sugars	4 g
Protein	25 g

Method

- [ ] 1 Coat a medium skillet with the nonstick cooking spray, add the firm tofu, and crumble it with a fork or potato masher.
- [ ] 2 Stir the turmeric, garlic powder, Kosher Salt, and 2 tbsp of the unsweetened almond milk into the tofu, then cook over medium-low heat until warmed through.
- [ ] 3 In a small bowl, whisk the tahini, almond or soy yogurt, lemon juice, and remaining 1 tbsp of unsweetened almond milk until smooth and thinned to a pourable dressing.
- [ ] 4 Divide the steamed cauliflower rice and cooked quinoa between two bowls, using half of each, and stir to combine.
- [ ] 5 Top each bowl with half of the matchstick carrots and half of the sliced radishes.
- [ ] 6 Mist the kale with the nonstick cooking spray and massage it until softened and bright green, then add half to each bowl.
- [ ] 7 Spoon half of the scrambled tofu alongside the kale and vegetables in each bowl, then drizzle everything with the tahini dressing.

diabic.com/recipes

Scan to open this recipe and its shopping list