

Joy of Living Cooking School

April 2021 Brunch Eggs

Scrambled Tofu (2 Servings)

- 1 block Tofu, firm
- 2 tablespoons Nutritional Yeast
- 1/4 teaspoon Turmeric, ground
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon onion powder
- 1 tablespoon Braggs Aminos
- 2 tablespoons Unsweetened Vegan Milk



Heat a large skillet over medium heat.

Add the tofu to the pan and break apart with a fork or potato masher until the tofu is crumbled. Cook, stirring often for 3-4 minutes until the tofu has dried slightly and all extra water is almost gone.

While the tofu is cooking combine the remaining ingredients in a mixing bowl.

When the tofu has dried, add the bowl of liquid to the pan and mix to completely coat the scramble. Cook and stir constantly for about 5 minutes.

Serve warm.

Nutrition Facts

Servings: 2	
Amount per serving	
Calories	79
	% Daily Value*
Total Fat 2.8g	4%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 7.2g	3%
Dietary Fiber 3.1g	11%
Total Sugars 1.1g	
Protein 9.6g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 3mg	16%
Potassium 339mg	7%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	
<small>Recipe analyzed by verywell</small>	

Mini Quiches (6 Servings)

- 1 block Tofu, firm
- 1/2 cup Onion, diced
- 1 cup fresh Spinach
- 1 cup Vegetables of choice, diced
- 1 clove Garlic, minced
- 1 teaspoon Tahini
- 1 tablespoon Nutritional Yeast
- 1/4 teaspoon Turmeric



Preheat an oven to 375° F. Cut the tofu block into quarters and place between two pieces of paper towel. Press with a weight to squeeze out excess liquid, about 5-7 minutes. Crumble and set aside.

While the tofu is draining heat a pan over medium heat. Add the onion, spinach, and any other vegetables to the pan to sauté, stirring occasionally. Add a tablespoon of water as needed to keep the mixture from sticking to the pan.

Combine the remaining ingredients in a large bowl and mix to thoroughly combine. Add the cooked vegetables and mix. Grease a muffin tin with non-stick spray. Fill each well with the mixture and press to pack down the ingredients. Bake for 25 minutes until the edges are golden brown and the filling is set.

Serve hot or at room temperature

Nutrition Facts

Servings: 6	
Amount per serving	
Calories	34
	% Daily Value*
Total Fat 1.3g	2%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1.3g	5%
Total Sugars 1.5g	
Protein 2.6g	
Vitamin D 0mcg	0%
Calcium 45mg	3%
Iron 1mg	5%
Potassium 149mg	3%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	
<small>Recipe analyzed by verywell</small>	