

Southwest Tofu Scramble

Southwest Tofu Scramble is an exotic Asian and Indian influenced blend of quinoa, tofu, red bell pepper, green onions, and spinach.

CACFP Home Childcare Crediting Information

1 ¼ cup (1 cup and ¼ cup measuring cups or 8 oz and 2 oz spoons) provides ½ cup vegetable (¼ cup dark green vegetable, ¼ cup other vegetable), 1 oz equivalent meat alternate, and 1 oz equivalent grains.



Preparation Time: 25 minutes

Cooking Time: 25 minutes

Makes: 6 servings

Ingredients

- 1 cup or 7 oz uncooked Quinoa
- 1 ½ cup Water
- 1 tsp Olive oil
- 2 ½ cup or 1 lb Firm tofu
- 2 tsp Garlic, minced
- 1 tsp Ground cumin
- ¼ tsp Red pepper flakes
- ½ tsp Salt
- ¼ tsp Black pepper
- ½ tsp Curry powder
- ½ tsp Turmeric
- 1 cup or 6 oz Fresh red bell pepper, diced
- 2 cups or 4 oz Fresh green onions, diced, tops and bottoms
- 1 qt or 4 oz Fresh spinach, coarsely chopped

Directions

- 1 Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
- 2 Combine quinoa and water in a large saucepan. Place on medium-high heat.
- 3 Bring to a boil. Reduce heat to low. Simmer uncovered for 10-15 minutes until water is completely absorbed. Fluff.
Note: When done, quinoa will be soft, and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked.
- 4 Drain, and pour 3 cups of quinoa into a large bowl.
- 5 Critical Control Point:
Hold for hot service at 140 °F or higher for at least 15 seconds.
Set aside for step 10.
- 6 Press tofu for at least 30 minutes, drain and cut into small cubes.
- 7 Preheat oil in a large saucepan, add cubed tofu. Heat uncovered over medium heat for 3 minutes, stirring occasionally.
- 8 Add garlic, cumin, red pepper flakes, salt, pepper, curry powder, turmeric, bell peppers, onions, and spinach. Heat tofu vegetable mixture uncovered over medium high heat for 3 minutes, stirring constantly.
- 9 Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.

Directions continued

- 10 Pour tofu vegetable mixture over cooked quinoa. Stir well.
- 11 Critical Control Point:
Hold at 140 °F or higher until served.
- 12 Serve 1 ¼ cups (portion with 1 cup and ¼ cup measuring cups or 8 oz spoodle and 2 oz spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 150, Protein 11 g, Carbohydrates 12 g, Dietary Fiber 2 g, Total Sugars 2 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 217 mg, Vitamin A 127 mcg RAE, Vitamin C 51 mg, Vitamin D 0 IU, Calcium 180 mg, Iron 325 mg, Potassium 229 mg

