



## Kimchi Tofu Scramble

2 servings

10 minutes

### Ingredients

- 1 1/2 tps Sesame Oil
- 16 ozs Tofu (regular firm, patted dry, crumbled)
- 1 tbsp Tamari
- 4 cups Kale Leaves (stems removed, finely chopped, packed)
- 2 tbsps Nutritional Yeast
- 1 cup Kimchi (drained)

### Nutrition

Amount per serving	
Calories	283
Fat	16g
Saturated	3g
Carbs	10g
Fiber	7g
Sugar	3g
Protein	31g
Sodium	933mg

### Directions

- 1 Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
- 2 Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
- 3 Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute. Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately one cup.