

Tofu Scramble with Black Beans, Corn & Tomatoes

Serves 2

Ingredients

- 1 tsp ground cumin
- ½ tsp turmeric
- ½ tsp smoked paprika
- 2 T (28 g) extra-virgin olive oil
- 1 block (300–350 g) extra-firm tofu, drained and crumbled
- 2 cloves garlic (6 g), finely chopped
- ¼ tsp salt, plus more to taste
- Black pepper, to taste
- 150 g corn kernels (fresh or frozen)
- 1 medium ピーマン, cut into 1 cm pieces
- 1 can (240 g drained) black beans, rinsed
- 100 g cherry tomatoes, halved
- 1½ T (22 g) lime juice
- ½ tsp lime zest
- 2 T chopped cilantro
- ½ jalapeño, thinly sliced (optional)
- ½ tsp white miso OR 1 T nutritional yeast
- Warm flour tortillas, optional

Instructions

1. Mix **cumin**, **turmeric**, and **smoked paprika** in a small bowl.
2. Heat a large skillet over **medium heat** for **2 minutes**. Add **olive oil** and **spices**; stir **10–15 seconds** until fragrant.
3. Add **tofu** and **garlic**. Season with **salt** and **black pepper**. Increase heat to **medium-high** and **cook 6–8 minutes**, allowing tofu to brown.
4. Lower heat to **medium**. Add **corn**, **ピーマン**, **black beans**, and **cherry tomatoes**. Toss gently and **cook 2–3 minutes** until warmed.
5. Remove from heat. Stir in **lime juice**, **lime zest**, **cilantro**, and **white miso or nutritional yeast**.
6. Taste and adjust seasoning. Top with **jalapeño** if using. Serve as-is or with warm **tortillas**.

Notes

- White miso adds savory depth without significant salt; nutritional yeast gives a mild cheesy note.

Nutrition (Approximate)

Per serving (½ recipe, no tortillas):

Kcal: 435 | Protein: 24 g | Fat: 23 g | Sat. Fat: 3 g | Carbs: 38 g | Sugars: 8 g | Fiber: 11 g | Sodium: ~560 mg | Omega-3: ~0.2 g

