

Migas

INGREDIENTS

- 4 Corn tortillas
- 4 eggs, lightly beaten
- 2 cups diced vegetables, in season (such as tomatoes, peppers, onions, spinach, garlic, etc)
- 2 tsp. canola oil
- 4 Tbsp. shredded cheese of choice
- 1/8 tsp. salt



DIRECTIONS

1. Tear tortillas into strips. Heat oil in a medium skillet. Add tortillas and stir until strips begin to brown. Add vegetables and saute until soft. Add eggs and sprinkle with salt if needed. Stir until eggs are cooked and remove from heat. Sprinkle with grated cheese.

NUTRITION FACTS

4 servings
 Calories: 238
 Fat: 8 g
 Sodium: 224 mg
 Cholesterol: 220 mg
 Total Carbohydrate: 15 g
 Dietary fiber: 2 g
 Protein: 10 g

Asparagus and Mushroom Tofu Scramble

INGREDIENTS

- 1 1/2 lb. fresh asparagus, trimmed and cut to 1/2 inch pieces
- 1 medium onion, chopped
- 1/2 cup sliced, fresh mushrooms
- 1 Tbsp. canola oil
- 2 tsp. Dijon mustard
- 1 cup silken, firm tofu
- 1/4 cup minced fresh parsley
- 1/4 tsp. of each salt, pepper, garlic powder, dried basil, oregano, and sage

NUTRITION FACTS 4 servings

Calories: 160 Total Carbohydrate: 20 g
 Fat: 5 g Dietary fiber: 7 g
 Sodium: 250 mg

DIRECTIONS

1. Add the oil to a large skillet and heat to medium. Sauté asparagus, mushroom, and onion until asparagus is tender-crisp. Add Dijon mustard and sauté to combine.
2. In a small bowl, mix dry ingredients until thoroughly combined. Sprinkle the mixture evenly over the vegetables and gently toss to coat.
3. Remove the tofu from the packaging and drain off any water. Crumble it into the skillet and gently mix, so as to not break the tofu down too much, until well combined. Leave the scramble over the heat until the tofu is heated through, about 2-3 minutes.