

Poblano Potato Tofu Scramble

Swick

Serves 1 | Active Time: 30 minutes | Total Time:

Chef's Notes

Suggested adult serving: 1½ cups scramble; 1 pita

Store any leftover scramble in an airtight container in the refrigerator for up to 3 days.

RECIPE TIP

Poblano Pepper: Poblanos are large, green, mildly hot chiles that are used in Mexican and Southwestern cuisine, most notably in the popular dish chiles rellenos. They can be found in the produce sections of most grocery stores.

Step 1: Prepare Tofu and Vegetables

- ¾ (14-oz) package low-fat extra-firm silken tofu drained
- 13 ½ oz red potatoes scrubbed & cut into small dice (≈2 ¼ cups)
- 1 ½ poblano peppers seeded & chopped (≈7 ½ oz)
- ¾ yellow onion chopped (≈¾ cup)
- 3 cloves garlic minced (≈1 tablespoon)
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- 2 ¼ teaspoons mild chili powder
- 1 ¼ teaspoons ground cumin
- 1 ¼ teaspoons dried oregano
- 1 ½ tablespoons fresh lime juice
- freshly ground black pepper
- sea salt
- FOR SERVING: 3 whole-grain pita breads; 3 plum tomatoes, seeded & chopped (≈9 oz); 3 tablespoons fresh cilantro chopped; ¾ lime cut into wedges

PREPARE TOFU

Cut tofu in half and pat each half with paper towels until well dried. Crumble tofu into a bowl and set aside.

SAUTÉ VEGETABLES

In a large skillet over medium heat, cook potatoes, poblanos, onions, and garlic, stirring occasionally, until potatoes are tender, 15 to 18 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

MAKE SCRAMBLE

Sprinkle vegetables with chili powder, cumin, and oregano. Stir in tofu and cook until heated through, 1 to 2 minutes. Add lime juice. Season with salt and pepper to taste.

ASSEMBLE & SERVE

In a separate skillet over medium heat, heat pitas until pliable but not crisp, about 20 seconds on each side.

Top scramble with tomatoes and cilantro. Serve in warmed pitas alongside lime wedges, if desired.