

# Tofu & Greens Brecky Bowls

**Category: Breakfast**

**Serves 2**

**Total time 20 minutes**

## Ingredients

1, 15.5 oz pack of organic extra firm tofu ([Wildwood](#) or Trader Joe's)

1-2 tsp avocado oil or unrefined coconut oil (melted)

2 Tbsp nutritional yeast

½ tsp salt

¼ tsp ground turmeric

Pinch of cayenne pepper

Freshly ground pepper, to taste

8 large kale leaves (about 2 cups), stems removed & roughly chopped (use pre-washed baby kale in a pinch)

1-2 Tbsp water (or veggie broth)

½ cup sauerkraut or kimchi ([Wildbrine](#))

1 Ripe avocado

2 slices sprouted whole grain bread ([365 by Whole Foods Market, Organic Sandwich Bread, Sprouted Multigrain & Seed](#))

## Additional Toppings/Sides

Sliced cherry/grape tomatoes

Hummus

Hemp hearts

Hot sauce

Fresh fruit

## Method

Cut tofu in ¾ in thick cubes. Season with 1 tsp oil and sprinkle with nutritional yeast, salt, turmeric, cayenne, and pepper.

In a large skillet over medium heat, brown the tofu on all sides until crisp and golden brown. Option to add 1 more tsp oil for extra crispness. Cook for 5-10 minutes.

Add kale, cover with a lid, and reduce heat to low. The steam will wilt the kale.

Kale will be done when it's bright green and tender.

Meanwhile, toast bread.

Transfer tofu mixture to serving bowls and top with avocado and any additional toppings/sides.

Dig in!

<b>Nutrition Facts</b>	
Servings 2.0	
Amount Per Serving	
<b>calories</b> 529	
<b>% Daily Value *</b>	
<b>Total Fat</b> 28 g	<b>44 %</b>
Saturated Fat 5 g	<b>23 %</b>
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 1195 mg	<b>50 %</b>
<b>Potassium</b> 993 mg	<b>28 %</b>
<b>Total Carbohydrate</b> 36 g	<b>12 %</b>
<b>Dietary Fiber</b> 15 g	<b>60 %</b>
<b>Sugars</b> 5 g	
<b>Protein</b> 38 g	<b>76 %</b>
Vitamin A	<b>338 %</b>
Vitamin C	<b>105 %</b>
Calcium	<b>117 %</b>
Iron	<b>45 %</b>

