



# Scrambled Tofu with Spinach & Vegan Feta

Prep Time 10 mins  
Total Time 20 mins  
Meal Type Breakfast,Lunch,Side  
Contributed By



Source From [The Naija Goddess](#)

Servings 4



## Ingredients

lb,c g,ml

- 1 medium onion, *diced*
- 1 medium bell pepper, red, *diced*
- 6 oz spinach, frozen, *chopped*
- 2 tsp garlic powder, *ground*
- 1 tsp smoked paprika
- 1/2 tsp turmeric, *ground*
- 1 tsp black pepper, *ground* optional
- 14 oz tofu, extra-firm, *crumbled*
- 1/3 cup feta cheese, vegan, *crumbled*

## Directions

### Prep

1. Dice veggies and set aside.

### Make

1. Add onions and bell peppers to a preheated pan over medium heat and water sauté for about 2 minutes.
2. Add crumbled tofu to the pan and stir well. Add all spices and mix well to incorporate thoroughly. Taste and adjust seasonings if needed.
3. Add in spinach and mix well. Add in the non-dairy feta cheese and mix well. Serve immediately.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> 211 per serving		<b>Total Fat</b> 9.8g	15%	<b>Total Carbohydrates</b> 17g	5%
		Saturated Fat 0.6g	3%	Dietary Fiber 7g	26%
		Trans Fat 0.0g		Total Sugars 8g	
		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 15g	
	<b>Sodium</b> 190mg	8%			
Vitamin D 0mcg 0% · Calcium 248mg 24% · Iron 3mg 17% · Potassium 530mg 11%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -