

# Tofu Paneer Bhurji

Source: Recipe by Nandita Shah

Serve this Indian-style tofu scramble with rice and Indian breads or place in your favorite whole-grain wrap or tortilla.

## About the Recipe

**101 Calories · 9.5 g Protein · 2.1 g Fiber**

**Breakfast**

## Ingredients

***Makes 4 Servings***

- 1 teaspoon cumin seeds
- 1 medium onion, finely chopped
- 1 clove garlic, minced
- 1-4 green chiles, seeded and chopped
- 1/2-inch piece fresh ginger, peeled and minced
- 2 tomatoes, chopped
- 1/4 tsp. turmeric
- 1 tsp. garam masala
- to taste salt
- 1 14-16 ounce container firm or extra-firm tofu, drained and crumbled
- 3 tsp. cashew paste
- 1/4 cup finely chopped fresh cilantro for garnish

## Directions

1. Place large pan on medium heat and add cumin seeds.&nbsp;
2. When they sputter, add onion, garlic, green chilies, and ginger.

3. When the mixture begins to brown, add tomatoes, turmeric, curry powder, and salt.&nbsp;
4. When tomatoes begin to break down, add tofu and cashew paste, if using, and stir well.&nbsp;
5. Garnish with cilantro, if using.
6. Tip: Instead of mincing and finely chopping the onion, garlic, chilies, and ginger, you can put them all in the food processor and make it into a paste. This can cut down the preparation time and the taste will be equally good.

## **Nutrition Facts**

*Per serving (1/4 of recipe)*

**Calories:** 101

**Fat:** 4.5 g

**Saturated Fat:** 0.9 g

**Calories from Fat:** 37.1%

**Cholesterol:** 0 mg

**Protein:** 9.5 g

**Carbohydrates:** 8.6 g

**Sugar:** 3.4 g

**Fiber:** 2.1 g

**Sodium:** 420 mg

**Calcium:** 222 mg

**Iron:** 2.7 mg

**Vitamin C:** 36 mg

**Beta Carotene:** 237 mcg

**Vitamin E:** 0.5 mg