

Mexican Scramble

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-scramble-recipe>

Ingredients:

- 8 ounces extra firm tofu
- 1/2 tablespoon olive oil
- 1/4 red onion diced
- 1/2 teaspoon sea salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin powder
- 1/2 red pepper diced
- 1/2 can black beans drained
- 1/2 cup salsa
- 2 cups kale washed, loosely chopped
- cilantro
- avocado
- corn tortillas

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 28 grams
3. Fat: 10 grams
4. Fiber: 9 grams
5. Protein: 15 grams
6. SaturatedFat: 1 grams
7. Sodium: 720 milligrams
8. Sugar: 2 grams

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