



# Tofu Breakfast Burritos

Prep: 15 minutes | Cook: 10 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 1 burrito

## Ingredients

8 ounces firm unseasoned tofu, drained and cubed

1 tablespoon olive oil

1 cup sliced baby portabella (cremini) mushrooms

½ onion, diced

½ tomato, diced

½ bell pepper, any color, diced

½ teaspoon salt

1 cup shredded cheddar cheese (2% fat)

4 (8-inch) whole-wheat flour tortillas

4 tablespoons reduced-fat cream cheese (Neufchatel), softened, divided

4 tablespoons salsa, divided

## Directions

1. Spread the cubed tofu over layers of paper towels. Set aside to dry slightly.
2. While the tofu is drying, heat a large skillet or sauté pan over medium heat.
3. Add the olive oil and heat until shimmering.
4. Add the mushrooms, onion, tomato, and bell pepper. Cook, stirring often, until tender, about 5-10 minutes.
5. Crumble the tofu into small pieces and add it to the pan with the vegetables, along with the salt.
6. Stir and cook until well-combined and soft, about 5 minutes. Turn off the heat and stir in the shredded cheese.
7. Spread 1 tablespoon of the cream cheese down the center of each tortilla, then top with a quarter of the tofu mixture. Top with 1 tablespoon of the salsa.
8. Fold the sides of the tortilla toward the center, then roll up like a burrito. Repeat Step 7-8 with the remaining tortillas.
9. Serve warm.

## Recipe Notes

- Tofu provides a great alternative to a typical breakfast burrito that will give you the same flavor as an egg burrito.

**Nutrition Facts Per Serving: Calories: 165 | Total Fat: 13 g | Saturated Fat: 5 g  
Sodium: 545 mg | Total Carbohydrate: 7 g | Dietary Fiber: 2 g | Protein: 6 g**

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