



RECIPES





Okinawan-Inspired Breakfast

WHOLE PLANT FOODS MAKE UP 90 PERCENT OF THE TRADITIONAL OKINAWAN DIET. THIS MEAL KICKSTARTS YOUR DAY WITH A HEARTY VARIETY CAN EASILY BE ENJOYED AT LUNCH OR DINNER AS WELL.

Ingredients

- 2 Japanese sweet potatoes
- 1/2 onion
- 1/2 bell pepper
- 6 mushrooms
- 1 package of firm tofu
- Fruit of your choice
- Oil or plant-based butter
- Turmeric, salt, and pepper to taste

Directions

1. Fill a large pot with water and place the Japanese sweet potatoes inside. Cook the potatoes on medium high heat until you are able to easily poke a fork to the center.
2. While the potatoes are cooking, chop half of a bell pepper, half of an onion, and some mushrooms.
3. Drain the tofu and use a fork or your fingers to crumble the tofu in a bowl. Season with turmeric, salt, and pepper. Turmeric makes the tofu look just like scrambled eggs, so add as much as you'd like to get the color you're looking for.
4. Heat some oil over medium heat and add the onions. Cook them for a minute until they start to get soft. Add the bell peppers and mushrooms and cook for a couple more minutes.
5. Add the crumbled tofu to the veggies and mix. Cook for a couple minutes, then turn the heat off and cover with a lid to keep the scramble warm.
6. Slice the cooked potatoes into 6 inch circles. Heat some oil or plant-based butter over medium low heat and add the potatoes, flipping them when they are golden brown.
7. While the potatoes are cooking, make a fruit salad with fruit of your choice.
8. Plate the potatoes, tofu scramble, and fruit salad and enjoy!

Recipe source: Blue Zones Project