



## TOFU PINEAPPLE BREAKFAST SKILLET

**SERVES: 1** Prep Time: 15 min. Cooking Time: 10 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ 1 1½ 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 ½ 1½ 1 1

- 1 tsp.** coconut oil
- ¼ cup** chopped onion (approx. ⅓ medium)
- ¼ cup** chopped tomato
- ¼ cup** chopped bell pepper (approx. ⅓ medium)
- ½ cup** cubed pineapple
- ½ cup** cooked sweet potato, cut into ½-inch cubes
- ½ tsp.** chili powder
- ¼ tsp.** garlic powder
- 1 dash** sea salt (Himalayan salt)
- ¼ tsp.** ground black pepper
- ¾ cup** **FIXATE Tofu Breakfast Sausage** (see separate recipe for **FIXATE Tofu Breakfast Sausage**)
- 2 slices** cooked vegan bacon, crumbled
- ¼ cup** sliced green onions (approx. ¼ bunch)

- 1.** Heat a medium nonstick skillet over medium-high heat; coat with spray and add oil.
- 2.** Add onion, tomato, bell pepper, and pineapple. Cook 3 to 5 minutes, until onion is translucent and pineapple begins to brown.
- 3.** Add potatoes, chili powder, garlic powder, salt, and pepper and cook another 2 minutes, until potatoes begin to brown.
- 4.** Add Tofu Breakfast Sausage and bacon and cook, 2 to 3 minutes, until tofu is lightly browned. Remove from heat, then stir in green onions.
- 5.** Serve immediately, or store in an airtight container in the refrigerator for up to 4 days.

### RECIPE NOTE:

You can use meal-prepped sweet potato or frozen sweet potato.

### SPECIAL EQUIPMENT:

Olive oil cooking spray

**NUTRITIONAL INFORMATION (per serving):** Calories: 428 Total Fat: 13 g Saturated Fat: 5 g Cholesterol: 0 mg Sodium: 412 mg Carbohydrates: 60 g Fiber: 8 g Sugars: 28 g Protein: 21 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



## TOFU BREAKFAST SAUSAGE

**SERVES: 4** (approx. ¾ cup each) Prep Time: 5 min. Cooking Time: 3 min.

CONTAINER EQUIVALENTS (per serving): ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): 1

**3 cups** firm tofu, drained, patted dry  
**2 Tbsp.** maple syrup  
**2 tsp.** fresh rosemary, finely chopped  
**1 tsp.** sea salt (or Himalayan salt)  
**¼ tsp.** ground black pepper  
**¼ tsp.** ground nutmeg  
**1 dash** ground juniper

1. Crumble tofu into a large mixing bowl. Add maple syrup, rosemary, salt, pepper, nutmeg, and juniper; toss to combine.
2. Heat a medium pan over medium-high heat; coat with spray. Cook tofu mixture, stirring frequently, 2 to 3 minutes, until heated through.
3. Divide evenly among four plates and serve immediately, or store in an airtight container in the refrigerator for up to 4 days.

### SPECIAL EQUIPMENT:

Olive oil cooking spray

**NUTRITIONAL INFORMATION (per serving):** Calories: 139 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 11 mg Carbohydrates: 10 g Fiber: 2 g Sugars: 7 g Protein: 12 g

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