



## Avocado Tofu Benedict



The classic Eggs Benedict brunch gets a healthy makeover as tofu is marinated in cumin, thyme and chipotle chili and served over a whole wheat English muffin. Sliced avocado and arugula are sandwiched between the flavorful tofu and English muffin and a lemon cayenne Hollandaise drizzle completes the dish. This recipe comes to us from Lindsay of Cook. Vegan. Lover.

Serves 4

For the marinated tofu:

- 1 cup low sodium vegetable broth
- 1 teaspoon red wine vinegar
- ¼ teaspoon chipotle chili powder
- ¼ teaspoon cumin
- ¼ teaspoon garlic powder
- ½ teaspoon dried thyme
- 1 tablespoons nutritional yeast\*
- 6 ounces extra firm tofu, sliced into 4 triangles

For the Hollandaise sauce:

- 1 cup soy, rice or almond milk
- or
- 1 cup nonfat milk
- 1 tablespoon lemon juice
- 2 tablespoons dairy free margarine substitute
- or
- 2 tablespoons margarine
- 1 tablespoon cornstarch
- ½ cup low sodium vegetable broth
- 3 tablespoons nutritional yeast\*
- a pinch salt
- a pinch black pepper
- a pinch cayenne pepper

To complete the Avocado Tofu Benedict:

- a little olive oil or cooking spray, for preparing the skillet
- 1 avocado, thin sliced
- 2 cups arugula, divided
- 4 whole wheat English muffins, toasted
- hot sauce, to taste\*\*

\*optional. Found in health food stores or the health section of most grocery stores.

\*\*optional.

### This Recipe is Categorized In:

Breakfast, Recipes, Vegan

### This Recipe's Ingredients:

Avocado, Corn, Garlic, Red Pepper, Rice, Tofu

### Nutrition Information

Avocado Tofu Benedict

Servings per Recipe: 4

**Amount per Serving**

Calories: 360.9

Calories from Fat: 151

Total Fat: 16.8g

Saturated Fat: 2.6g

Cholesterol: 1.2mg

Sodium: 536.5mg

Potassium: 828.4mg

Carbohydrates: 42.2g

Dietary Fiber: 10.7g

Protein: 16.7g

Sugars: 0g

#### View Our Nutritional Guidelines

The U.S. Food and Drug Administration (FDA) recommends 2000 calories a day as a reasonable average guideline for most American adults. [Click here](#) to learn how you can use the Monday 2000 to reset the calorie budget you have to spend each day. For specific calorie recommendations based on your age, metabolism and medical history, consult your doctor or nutritionist.

### Ingredient Conversion

**To marinate the tofu:**

In a medium bowl, mix together the vegetable broth and red wine vinegar. Whisk in the chipotle powder, cumin, garlic powder, thyme and nutritional yeast, if using.

Place the tofu slices in the broth vinegar mixture and marinate for about 30 minutes.

**To make the Hollandaise sauce:**

In a medium bowl mix together the milk, lemon juice, margarine, cornstarch, vegetable broth and nutritional yeast, if using. Season the milk lemon mixture with pinches of salt, black pepper and cayenne pepper. Stir to combine.

Place the milk lemon mixture in a medium saucepan over low heat. Cook over low heat for 3-4 minutes, or until the Hollandaise has thickened to preference, whisking occasionally to ensure a smooth sauce. Remove the Hollandaise sauce from heat until plating the Avocado Tofu Benedict.

**To complete the Avocado Tofu Benedict:**

Prepare a skillet with a light coating of olive oil or cooking spray. After the tofu triangles are done marinating, place the skillet over medium-high heat.

Add the tofu triangles to the skillet and cook for 5-7 minutes, or until the tofu begins to brown. Flip the tofu triangles with a spatula and cook 5-7 minutes on the other side or until both sides have browned.

Top each side of the toasted English muffins with ½ cup of the arugula and 2 slices of avocado.

Top the avocado with 1 piece of tofu and a drizzle of the Hollandaise sauce\*\*\* per side. Complete the dish with a few drops of hot sauce, if using, and enjoy.

\*\*\* *If a significant period of time has passed between making the Hollandaise sauce and plating the Avocado Tofu Benedict, warm the sauce on the stove over low heat before serving. You may need to add a bit more milk to thin the sauce during reheating.*

Ingredient:	
Apples	▼
Type:	Dried ▼
1	Cups ▼
to Grams ▼	
Convert	