



BUSTLING BREAKFAST RECIPES

by *Cynthia Lair*

Tofu Vegetable Breakfast Burrito

This colorful dish makes a hearty Sunday breakfast. Any vegetables can be substituted for the ones listed; however this combination is scrumptious. Serve with a fresh fruit salad for brunch. Also works as a yummy, well-balanced dinner served with a fresh green salad. If you don't have leftover baked potatoes, use fresh potatoes, cut in cubes and boil until tender.

- 2-3 teaspoons extra-virgin olive oil**
 - 1 medium onion, chopped**
 - 2 cloves garlic, minced**
 - 1 red pepper, chopped**
 - 1 green pepper, chopped**
 - 1 teaspoon cumin**
 - 1 teaspoon coriander**
 - 1 pound firm tofu, crumbled**
 - 1 teaspoon turmeric**
 - 1 tablespoon tamari or shoyu**
 - 2-3 small potatoes, baked and chopped into chunks**
 - 1/2 cup chopped cilantro**
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- 6 whole wheat tortillas**
 - salsa**

Heat oil in a 10-inch skillet on medium heat. Add onions and garlic and sauté. Add peppers, cumin, and coriander and continue to sauté until vegetables are soft. Crumble tofu into skillet with vegetables and stir. Sprinkle in turmeric and mix. Add chopped potatoes, tamari and cilantro and stir. Place about 1/3 cup of the filling mixture in a whole wheat tortilla, roll it up and top with salsa. Serve warm.

Preparation time: 15-20 minutes

Makes: 6 servings

FOR BABIES 6 MONTHS & OLDER: Reserve a few pieces of the baked potato. Puree with a little water, warm and serve.

FOR BABIES 10 MONTHS & OLDER: Reserve extra tofu, cut fresh tofu into cubes and serve.