

Dave's McDougall-ish Scramble

Sunday January 22nd, 2023

This recipe is taken from Dr. John and Mary McDougall's 1997 book *The McDougall Quick & Easy Cookbook*. It's based on Mary's [Scrambled Tofu](#) recipe (p. 10). And as Mary suggests, it also makes a great burrito filling.

I've made variations of it since beginning my plant-based journey and reading their books since 2016, and this one is my latest. Like with any recipe, you can experiment, alter, and refine things to suit your own unique tastes and guidelines. If you're trying to *lose* weight, Dr. McDougall cautions ("yellow-lights") the routine consumption of tofu, as it is higher in fat than other "green-light" foods, but a little bit and eaten occasionally (and as part of a composite dish) is probably alright. One could do a lot worse.

I get up early to make this recipe on special occasions, holidays, some Sunday mornings, or when we have guests. Sometimes I plan ahead better and prepare as much of it as I can the day or night before, so it's all ready to use the next morning. Some mornings, like today, I just do it all while everyone's still asleep.

Here's what I gathered and/or prepared (Items in **green** are from Mary's original recipe.):

- **6 small-medium russet potatoes, diced** (I prefer the yellows, and sometimes I add sweet potatoes.)
- **favorite potato seasoning(s)** (Mine is a mixture of things I pour together and keep handy.)
- **water or vegetable broth for sautéing and deglazing the pan as needed** (Today I used **red wine vinegar**.)
- **1 large onion, chopped into bite-size petals**
- **1 bell pepper, chopped** (Today I used a beautiful, large, deep red bell pepper.)
- **16 oz. mushrooms** (Today I used some marked-down sliced creminis.)
- **16 oz. extra firm tofu, drained and pressed of excess moisture, then diced** (Mary uses lite silken.)
- **2 tbsp. prepared brown mustard** (I used a combo of brown and sweet-hot that were almost empty.)
- **1 - 2 tbsp. nutritional yeast**
- **½ - 1 tsp. chili power**
- **¼ - ½ tsp. dill weed**
- **½ - 1 tsp. onion powder**
- **½ - 1 tsp. garlic powder**
- **¼ - ½ tsp. turmeric**
- **salt** (I used coarse kosher.)
- **freshly ground pepper**
- **½ - 1 tsp. smoked paprika**
- **2 patties of Morning Star breakfast sausage, diced** (I discovered these in the freezer and used them up.)
- **1 tbsp. imitation bacon bits**
- **balsamic glaze**
- **sweet-hot mustard**
- **chopped cilantro or parsley**

Heat oven to 375° – 400°F. Toss the diced potatoes with a seasoning(s) of your choice. Onto a parchment-lined, large perforated baking sheet/tray/pan (or an oven-friendly cooling rack) spread the seasoned, diced potatoes into a single layer. Place the sheet of potatoes on the middle oven rack and roast for 40 minutes or until they begin to brown.

Toss the diced tofu, measured seasonings, and 2 tbsp. of mustard in a bowl so they are well seasoned and ready to use.

In a large nonstick frying pan, cook the mushrooms, onions and bell pepper, stirring occasionally and adding moisture as needed. After a few minutes (when the onions and mushrooms begin to look somewhat cooked), add the seasoned, diced tofu (and the imitation diced sausage and bacon bits) and stir frequently until hot.

When most of the moisture has evaporated from the vegie/tofu mix, remove the pan from the heat and set aside.

When potatoes are done, combine with vegie/tofu mix. Add drizzles of balsamic glaze, sweet-hot mustard, sprinklings of salt, twists of freshly ground pepper, and anything else (i.e. chopped cilantro/parsley) to taste and stir/mix well.

Keep warm or serve immediately as is or combine with low fat tortillas and salsa/taco sauce. Yum!

This dish has no cholesterol, very little fat (no saturated fat), little salt, and loads of fiber to keep you full for hours.

So, help yourself to seconds without guilt! 😊