

Low-Glycemic Instant Pot Tofu Scramble with Greens

A protein-rich, blood sugar-friendly breakfast ready in 20 minutes. Packed with fiber from greens and tomatoes, this savory scramble keeps you satisfied.

Prep: 10 min

Cook: 12 min

Total: 22 min

Servings: 4

GL 5.1 / GI 21

Ingredients

- Healthy monounsaturated fat that slows glucose absorption

extra virgin olive oil
- Low GI vegetable, adds flavor and fiber

medium red or yellow onion, diced
- High-fiber leafy green with minimal glycemic impact

frozen kale
- Low GI, rich in fiber and lycopene

crushed tomatoes, canned
- High protein, zero glycemic impact, excellent for blood sugar stability

super firm tofu block
- Adds B-vitamins and savory flavor without affecting blood sugar

nutritional yeast flakes
- Zero glycemic impact spice

smoked paprika
- May help improve insulin sensitivity

garlic powder
- Use less if sodium-sensitive

sea salt
- Anti-inflammatory properties, adds golden color

ground turmeric
- Enhances turmeric absorption

freshly ground black pepper
- Prevents scorching during pressure cooking

filtered water or vegetable broth

Instructions

Step 1

Select the Sauté function on your Instant Pot and allow it to heat for one minute. Pour in the olive oil and swirl to coat the bottom of the pot. This healthy fat will help slow glucose absorption from the entire meal.

Step 2

Add the diced onion and frozen kale directly to the heated oil. Sauté for approximately 3 minutes, stirring occasionally, until the onions become translucent and the kale begins to thaw. The fiber in these vegetables will help moderate your blood sugar response.

Step 3

Pour in the crushed tomatoes and continue sautéing for another minute, stirring constantly to prevent sticking. The tomatoes add lycopene and additional fiber while keeping the overall glycemic load very low.

Step 4

Using your hands, crumble the entire block of super firm tofu directly into the Instant Pot, breaking it into small, scrambled egg-sized pieces. The tofu provides complete protein without any impact on blood glucose levels.

Step 5

Add the nutritional yeast, smoked paprika, garlic powder, sea salt, turmeric, and black pepper to the pot. Pour in the water or vegetable broth and stir everything together thoroughly until the spices are evenly distributed throughout the mixture.

Step 6

Press Cancel to stop the Sauté function. Secure the Instant Pot lid and turn the pressure valve to the Sealing position. Select Pressure Cook (or Manual) on High pressure and set the timer for 3 minutes. The pot will take about 8-10 minutes to come to pressure.

Step 7

When the cooking cycle completes and the Instant Pot beeps, immediately move the pressure valve to Venting to perform a quick release. Once all steam has escaped and the float valve drops, carefully open the lid away from your face.

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Step 8

Taste the scramble and adjust seasonings with additional salt and pepper as needed. You can serve it with the flavorful cooking liquid for extra nutrients, use a slotted spoon to drain some liquid, or return to Sauté mode for 2-3 minutes to reduce the liquid. For optimal blood sugar control, pair with sliced avocado and eat the vegetables first before any grain-based sides.