

TOFU SCRAMBLE

Servings: 4

Prep time: 25 mins

Cook time: 15 mins

Total time: 40 mins

EQUIPMENT:

- Cutting Measuring cups
- Measuring spoons
- Paper towel
- Heavy item such as a pot
- Cutting board
- Sharp knife
- Large pan
- Wooden spoon

INGREDIENTS:

- 1 block extra firm tofu (~350g), drained
- 1 small (or ½ medium) yellow or sweet onion, diced
- 1 bell pepper, any color, diced
- 1 cup mushrooms (any kind), diced
- 1 cup (packed) baby spinach, roughly chopped
- 1 tbsp extra-virgin olive oil
- 1 tsp garlic powder
- ½ tsp turmeric
- ½ tsp salt (optional)
- ¼ tsp black pepper
- 2-3 tbsp nutritional yeast
- 1-2 slices whole grain bread, for serving

STORAGE:

- Store leftovers in an airtight container (I recommend glass because the turmeric will stain plastic) in the refrigerator for up to 4 days.

NUTRITION FACT:

Tofu is a plant-based protein that is high in soy protein, which helps to lower LDL cholesterol!



DIRECTIONS:

1. **Press tofu:** Remove excess water from tofu by placing it between 2 paper towels and adding something heavy such as a pot on top.
2. **Chop veggies:** Meanwhile, using a cutting board and sharp knife, chop onion, bell pepper, mushrooms and spinach.
3. **Cook onions:** First, heat a large pan over medium heat. Once hot, add olive oil. Then, add chopped onions and cook onions for 2-3 mins until translucent.
4. **Cook peppers and mushrooms:** Add the chopped bell pepper and mushrooms. Sauté for 5 minutes, stirring every few minutes.
5. **Add tofu:** Crumble the drained tofu with your hand over the pan. You can also cut the tofu into chunks and scramble it in the pan with your wooden spoon.
6. **Add spices:** Add garlic powder, turmeric, black pepper and nutritional yeast to pan. Mix well and cook for 2-3 minutes.
7. **Add spinach:** Add chopped spinach to pan and stir again. Cook for another 2-3 mins.
8. **Serve:** Eat tofu scramble with 1-2 slices whole grain bread.