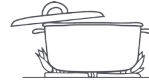


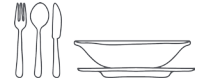
TOFU SCRAMBLE



PREP TIME: 10



COOK TIME: 10



SERVES: 4



EQUIPMENT

CHEF KNIFE | CUTTING BOARD | MEASURING SPOONS | MEASURING CUPS | WOODEN SPOON | LARGE NON-STICK FRYING PAN

INGREDIENTS

2 Tbsp olive oil
1 medium onion
1 tsp black salt (sea salt)
4 cloves garlic
1 red bell pepper
1/2 tsp ground black pepper
1 350g block of tofu (extra firm)
1 tsp turmeric
1 Tbsp lemon juice
2 Tbsp tamari
2 handfuls of spinach

METHOD

1. Open the tofu package and drain off the excess liquid. Crumble tofu into a dish and set aside.
2. Dice the onions, red bell pepper and garlic. Heat a frying pan on the stove on medium-high and add the onions and salt to the oil. Sweat the onions until they are translucent. Then add the garlic and cook for a few minutes, then add the red bell pepper and the ground black pepper and continue cooking until they begin to soften.
3. Add the tofu and the turmeric and mix the ingredients in the pan with a wooden spoon until the turmeric nicely coats the tofu. Keep cooking until you can smell the aroma of the turmeric (you will have to be actively stirring it at this point so the tofu doesn't stick and burn. If it is feeling like it is on too high, turn the heat down a little).
4. Finally, add in your lemon juice, tamari and spinach and continue to saute until the spinach has just become wilted.
5. Remove from the heat and serve.

Tofu Scramble Variations and Extra Sauces:

Curry Scramble:

Omit turmeric and add in 2 tsp of curry powder (or curry paste) and 1/2 tsp ground coriander after your onions have been cooked and add in 1 c of chopped fresh cilantro when you add your spinach.

Mexican Scramble:

Add in 1 finely diced jalapeño when you are cooking your onions and add in 1/2 tsp of chili powder after your onions have been cooked but before you add your turmeric. Garnish with 1/2 of a sliced avocado and salsa.

Italian Scramble:

Add in 1 tsp dried basil and 1/2 tsp dried oregano after the onions have cooked down before you add the turmeric. Garnish with fresh tomatoes and balsamic glaze.

Mediterranean Scramble:

After you've added all of the other ingredients, add in 1/4 c sundried tomatoes (the ones packed in oil), 1/4 c sliced kalamata olives and 1 Tbsp of capers (make sure to drain the liquid off from the capers because it is very salty).

NUTRITIONAL FACTS

| Amount Per Serving | | % Daily Value |
|---------------------------|------------|-----------------|
| Serving Size 1 Serving | | |
| Calories | 195.6 kcal | 10 % |
| Total Fat | 13 g | 20 % |
| Saturated Fat | 2 g | 10 % |
| Trans Fat | 0 g | |
| Cholesterol | 0 mg | 0 % |
| Sodium | 1107.4 mg | 46 % |
| Total Carbohydrate | 9.5 g | 3 % |
| Dietary Fiber | 2.5 g | 10 % |
| Sugars | 4.1 g | |
| Protein | 13.7 g | 27 % |
| Vitamin A | 54 % | Vitamin C 103 % |
| Calcium | 36 % | Iron 21 % |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Note: Nutritional info is a rough estimate only.

notes *I love to wrap these up like a burrito with beans and veggies. It makes the batch last longer and it's more filling!*