

Scrambled Tofu

Ingredients:

2 packages (12oz) tofu, water-pack (firm)
 1 medium onion, chopped
 1 red bell pepper, chopped
 1 cup mushrooms, sliced
 2 TS Nutritional Yeast flakes
 1 tsp onion powder
 1 tsp garlic powder
 1.5 tsp salt
 1 Tbps mushroom seasoning (optional)
 1/2 tsp turmeric powder

Optional toppings: chives, scallions, or cilantro



Nutrition Facts

10 servings per container	
Serving size	1/2 cup (105g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 2mg	10%
Potassium 107mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



*GLUTEN-FREE



*VEGAN

Method:

1. Remove tofu from the packages and set aside to drain.
2. In a large non-stick skillet, sauté the onions, and add the other vegetables and cook until soft. Add water or vegetable broth if needed.
3. Crumble the tofu using a fork, or a potato masher.
4. Add the mashed tofu and all the spices into the skillet, mix everything together, and cook for about 5 minutes with a lid on.
5. If you prefer the final product to be more dry, keep the lid off for the last 2 minutes of cooking.

Recipe by *Maggie Carneiro*