



Tofu Veggie Scramble

2 servings

15 minutes

Ingredients

- 7 3/4 ozs Tofu (firm)
- 1/2 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 1 Red Bell Pepper (sliced)
- 1 cup Baby Spinach (chopped)
- 1 tbsp Nutritional Yeast
- 1/4 tsp Turmeric
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	136
Fat	6g
Saturated	1g
Trans	0g
Carbs	10g
Fiber	4g
Sugar	6g
Protein	13g

Directions

- 1 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 2 Lightly spray a non-stick pan and heat over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
- 3 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
- 4 Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs, Serve with toast or brown rice.

Likes it Spicy, Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers, Store in the fridge up to 3 to 4 days.