

Tofu Scramble

Prep time: 10 minutes **Cook time:** 15

Serves: 2 servings

Ingredients:

- 8 ounces extra-firm tofu
- 1-2 Tbsp olive oil
- 1/4 red onion (thinly sliced)
- 1/2 red pepper (thinly sliced)
- 2 cups spinach (loosely chopped)

Sauce:

- 1/3 tsp sea salt
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/4 tsp chili powder
- 1 tablespoon nutritional yeast
- Water (to thin)
- 1/4 tsp turmeric (*optional*)

Instructions:

1. Pat tofu dry and roll in a clean, absorbent towel and press for 15 minutes. To press tofu, place a weight, like a stack of books, on top of tofu to squeeze out moisture.
2. While tofu is being pressed, prepare sauce by adding dry spices to a small bowl and adding enough water to make sauce pourable. Set aside.
3. Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil and the onion and red pepper. Season with a pinch each salt and pepper and stir. Cook until softened, approximately 5 minutes.
4. Add spinach, season with a bit more salt and pepper, and cover to steam for 1 minute.
5. Unwrap tofu and crumble into bite-sized pieces.
6. Move veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5 minutes until tofu is slightly browned.

Nutrition Facts

Servings: 2

Amount per serving

Calories **184**

% Daily Value*

Total Fat 12.4g	16%
Saturated Fat 2.1g	10%
Cholesterol 0mg	0%
Sodium 357mg	16%
Total Carbohydrate 9.8g	4%
Dietary Fiber 3.9g	14%
Total Sugars 3.1g	
Protein 13.1g	
Vitamin D 0mcg	0%
Calcium 269mg	21%
Iron 4mg	23%
Potassium 556mg	12%

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