

Tofu Scramble

Serving: 2

This is the base for any number of tofu scramble variations you choose to try! Ideas of veggies to add include mushrooms, red peppers, spinach, onions. I highly recommend using ideas from Lindsay Nixon, the Happy Herbivore, from her website, meal plans, and cookbooks.

www.happyherbivore.com

Ingredients

1 pound **extra-firm tofu**

2 tbsp **nutritional yeast**

½ tsp **garlic powder**

½ tsp **onion powder**

½ tsp **chili powder**

½ tsp **cumin**

½ tsp **turmeric**

½ tsp **salt**

1 small **onion** *chopped*

1 **red pepper** *chopped*

1 **zucchini** *chopped*

2 handfuls **spinach** *chopped*

6 **mushrooms** *chopped*

Directions

Drain excess water from tofu, press it for 20 minutes (optional, but encouraged), and place it in the center of a skillet.

Using a spatula, break tofu up into thick cubes.

Cook over medium-high heat for 3-4 minutes, until the tofu releases its water.

Stir in everything else -- the spices and any veggies you want to include (amounts given are a rough guide).

Continue to cook and stir for another 5-10 minutes, breaking tofu chunks into smaller pieces so the consistency resembles scrambled eggs.

Add a splash of non-dairy milk or lemon juice if the tofu starts to dry out or stick to the skillet.

Once the tofu has the right consistency, is yellow in color and is thoroughly warm, add additional salt and pepper to taste and serve.