



## Tofu Scramble

### Ingredients:

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 1 tbsp olive oil                     | 1/4 cup nutritional yeast      |
| 1 block of extra firm tofu, pressed  | 1 tsp garlic powder            |
| 1/4 cup chopped onion                | 1 tsp turmeric                 |
| 1 diced jalapeño                     | 1/4 tsp salt & pepper to taste |
| 1 diced tomato                       |                                |
| 2 cups of chopped dark leafy greens, |                                |



### Instructions:

1. Start by heating 1tbsp olive oil on medium heat in a large skillet.
2. Add tofu to skillet and break it up with a wooden spoon.
3. Mix nutritional yeast, garlic powder, and turmeric then sprinkle over tofu.
4. Add onion, jalapeno, and tomato. Cook for about 5 more minutes.
5. Add chopped greens, salt & pepper then turn off heat.

