

# Recipe for

## TOFU SCRAMBLE



### INGREDIENTS

SERVES 4

PREP TIME/TOTAL TIME

### APPROX NUTRITION INFORMATION

Per serving ( tofu only)

Total Calories 156

Fat 5.5

Protein 14.2

Carbohydrates 12.8

Fiber 4.4

One package of firm organic tofu 14 ounces

1 medium sized onion -- chopped

½ cup of chopped red bell pepper

½ chopped green bell pepper --

1 ½ cup of mushrooms -- chopped

½ cup of snow peas OR ½ cup of frozen peas

1 small clove of garlic -- finely chopped

½ tsp of chili powder or ½ tsp of cayenne pepper (for more heat)

1/4 of jalapeno sliced in circles

½ tsp of turmeric

¼ tsp of black pepper

½ tsp of garam masala

Pinch of salt (optional)

Green onions and cilantro for garnish

### DIRECTIONS

Remove tofu from package, rinse with water and mash/crumble on a cutting board. If desired, use a wooden cutting board to squeeze some of the liquid from the tofu(results in a fluffier scramble). Set the tofu aside.

Place a large pan over medium heat. After the pan heats, add all the onions and stir. Continue to stir until the onions turn translucent. You may cover the pan intermittently to hasten the preparation of the onions. Next add garlic and stir for another minute.

Add the bell peppers next and stir for another 2 minutes. Then add the mushrooms and the snow peas if available. Continue to stir until the veggies are nearly cooked. Crumble the tofu and add to the pan. Continue to crumble the tofu in the pan until it reaches the desired look. Add all the spices and continue to stir and thoroughly mix the spices with the tofu and the veggies. Cover for 2-3 minutes. Uncover the pan, stir for a few more minutes.

Enjoy the tofu scramble as the main dish or place it in a warm corn tortilla. Garnish with green onions and cilantro. May add favorite salsa on top for added flavor.





# Grocery List

## TOFU SCRAMBLE



### *Produce*

- ☐ 1 medium sized onion
- ☐ 1 red bell pepper
- ☐ 1 green bell pepper
- ☐ 1.5 cups worth of mushrooms
- ☐ ½ cup of frozen peas
- ☐ 1 clove of garlic
- ☐ 1 jalapeno
- ☐ Green onions and Cilantro for garnish



### *Seasoning*

- ☐ Chili powder OR Cayenne powder
- ☐ turmeric
- ☐ black pepper
- ☐ garam masala
- ☐ salt (optional)



### *Legumes*

- ☐ One package of firm organic tofu 14 ounces