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| **Tofu Scramble** | |
| **YIELD 2 SERVINGS** **Ingredients** 2 cup extra firm tofu crumbled into small pieces  2 tbsp diced onion  6 small cremini mushrooms sliced  1 tsp garlic powder  1 tbsp turmeric powder  2 tbsp vegetable stock  1 green onion diced  1 small tomato chopped  Salt to taste  Pepper to taste C:\Users\cdmil\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CA34ECC6.tmpImage result for gluten free logoImage result for nut free logo**Nutritionals Per Serving**  □ Calories 188 Cal  □ Protein 10 grams  □ Fiber 1 grams  □ Sugar .5 grams  □ Carbs 2 grams  □ Fat 5 grams | PREP 10 MIN | COOK 5 MIN | TOTAL 15 MIN  **Directions**Step 1 Pat dry the tofu with paper towels. Break up the tofu into bite size crumbled pieces and set aside in a small bowl. Step 2 Dice the onion, mushroom and tomato. Hold the diced onion and mushrooms in a small bowl. Place the tomato in a small bowl or plate and reserve for the garnish. Step 3 Place the onion and mushrooms in a medium sauté pan over medium heat and sauté for 5 minutes until golden brown. Add the tofu, turmeric, garlic powder and vegetable stock, mix well and continue to cook for another 4-5 minutes. Season with salt & pepper to taste and serve hot. **Tips** To adjust the color of the tofu scramble you can add more powder if you want a deeper yellow color. You can chop a fresh tomato to garnish the dish. Add sweet potato hash browns and you have a great breakfast full of protein. |

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