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|  **Tofu Scramble**  |
| **YIELD 2 SERVINGS** **Ingredients**2 cup extra firm tofu crumbled into small pieces2 tbsp diced onion6 small cremini mushrooms sliced1 tsp garlic powder1 tbsp turmeric powder2 tbsp vegetable stock1 green onion diced1 small tomato choppedSalt to tastePepper to tasteC:\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 1Pat dry the tofu with paper towels. Break up the tofu into bite size crumbled pieces and set aside in a small bowl. Step 2Dice 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 3Place 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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