



PO Box 675 | Roseburg, OR 97470 | 541 -378- 6359 | StayFresh@ucveg.org | ucveg.org

TOFU SCRAMBLE

Ingredients:

1 onion, diced
3 garlic cloves, minced
1 bell pepper, diced
¼ c. tomatoes, diced
1 16 oz pkg of firm or extra firm tofu (fresh/refrigerated)
1 tsp. onion powder
½ tsp. garlic powder
1 tsp. ground cumin
1-2 tsp. turmeric powder
1 tsp. oregano
2 tbsp. nutritional yeast
½ tsp black pepper
1 tsp. salt; optional or to taste
Pinch of cayenne pepper, to taste
1 ½ c. spinach leaves, coarsely chopped
¼ c. fresh herbs, chopped (basil, cilantro); optional

Directions:

Heat skillet over medium heat. Add onions and garlic and saute until translucent, about 5 minutes. Add bell pepper and tomatoes, and saute until they reach the texture you like. *Add small amounts (spoonfuls) of water to the pan to keep the veggies from sticking; no need for oil.*

With clean hands, crumble the tofu in the skillet on top of the veggies. Saute for a moment. Add the seasonings: onion powder, garlic powder, cumin, turmeric oregano, nutritional yeast, cayenne, black pepper, and salt to taste. Mix thoroughly. Add the spinach and fresh herbs and saute until the greens wilt. Suggestion: Garnish with avocado and salsa.