

# BREAKFAST TOFU SCRAMBLE

## INGREDIENTS

- 1 block of extra firm tofu, drained
  - 1 clove garlic, minced
  - 1 small onion, diced
  - ½ red pepper, diced
  - ½ orange pepper, diced
  - ¾ cup mushrooms, sliced
  - 1 cup chopped greens (kale, spinach, collards)
  - ¼ tsp turmeric
  - 1 tsp cumin powder
  - ½ tsp black pepper
- salt to taste (a specialty seasoning called black salt will give it a more egg-like taste – sounds iffy but really good!)

## DIRECTIONS

1. Dry sauté onions for 1-2 min; add garlic and cook another minute. If they start to stick add 1 tbsp of water at a time.
2. Add peppers and mushrooms and cook about 5 min to soften.
3. Take tofu block in your hands and crumble into the pan. Add greens, spices, mix well, and cook another 5 minutes or until cooked through.
4. Serve with sauteed potatoes, whole grain toast, or in a warm corn tortilla.

