

Tofu Veggie Scramble

9 ingredients · 15 minutes · 2 servings



Directions

1. Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
2. In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
3. Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
4. Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs

Serve with toast or brown rice.

Likes it Spicy

Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers

Store in the fridge up to 3 to 4 days.

Ingredients

220 grams	Tofu (firm)
1 tbsp	Avocado Oil
1/2	Yellow Onion (medium, diced)
2	Garlic (cloves, minced)
1	Red Bell Pepper (sliced)
1 cup	Baby Spinach (chopped)
1 tbsp	Nutritional Yeast
1/4 tsp	Turmeric
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	211	Cholesterol	0mg
Fat	14g	Sodium	48mg
Carbs	10g	Vitamin A	3270IU
Fiber	4g	Vitamin C	83mg
Sugar	5g	Calcium	164mg
Protein	13g	Iron	5mg