

Tofu Scramble

INGREDIENTS

- 1 1/2 packages of extra-firm tofu (14 oz each)
- 2 1/2 tbsp low-sodium tamari or soy sauce
- 2 tbsp olive oil or low-sodium vegetable stock
- 1 cup white onion
- 2 cloves garlic
- 1 cup peppers
- 1 cup baby spinach
- 2 1/2 tbsp nutritional yeast
- 1 tsp turmeric
- Ground black pepper
- Fresh parsley or cilantro

METHOD

1 Press the extra-firm tofu to remove excess liquid. Crumble the tofu into a bowl and add the low-sodium tamari. Set aside. Dice the white onion. Mince the garlic. Dice the peppers. Roughly chop the fresh herbs.

2 Heat a large fry pan over medium-high heat. Add the olive oil, if using. If not, add the vegetable stock instead. Add the onions and reduce heat to medium. Cook until soft, translucent, and lightly golden. Add the garlic and cook briefly until fragrant.

Once the onions and garlic begin to brown, add the peppers, baby spinach, and crumbled tofu. Next, increase the heat to high and cook for about 4 minutes, until lightly browned.

Add the nutritional yeast, turmeric, and black pepper. Cook for another 3 to 5 minutes.

To finish, stir in the fresh herbs just before serving.

TIPS & ADDITIONAL INFORMATION

To press tofu, drain it, wrap it in a clean towel, place it on a flat surface, add weight, and let sit for 15–30 minutes. This removes excess moisture and improves texture when cooking. Nutritional yeast is a flaky, savory seasoning with a mild cheesy flavor. You can find it in most grocery stores, usually in the baking or health food section.