

Tofu Scramble

Ingredients

- 14 ounces **extra firm tofu**
- 1 cup chopped **onion**
- 1 cup chopped **bell pepper** (any color)
- 1 teaspoon **vegetable oil**
- 10 ounces frozen **chopped spinach**, thawed and drained
- 1 teaspoon **garlic powder** or 4 **garlic cloves**, minced
- ½ teaspoon each **salt, pepper**
- ¼ cup (1 ounce) shredded **cheddar cheese**

Instructions

1. Wash hands with soap and water.
2. Drain and press tofu to remove extra liquid. Crumble into a bowl and set aside.
3. In a medium skillet over medium heat, sauté onion and bell pepper in oil until tender, about 5 to 7 minutes.
4. Add spinach, garlic, salt and pepper to the skillet. Stir to combine.
5. Add tofu and stir until heated through. Sprinkle cheese over the top. Serve hot.
6. Refrigerate leftovers within 2 hours.

Notes

For more spice, add cumin, chili powder, harissa or hot sauce.

Try with other vegetables, such as zucchini or kale.

Try adding cilantro on top for more flavor.

