

tofu scramble

SERVES 4

RECIPE ADAPTED FROM: Vegan Vittles

COOK TIME: 10 minutes

2 tsp olive oil

½ cup grated carrot

3 green onions, finely chopped

¼ tsp turmeric

1 pound firm tofu, patted dry

1-2 Tbsp nutritional yeast flakes

Sea salt and pepper, to taste

You can also add more vegetables like mushrooms, bell peppers or broccoli.

HEAT a 9 or 10 inch skillet over medium heat.

ADD oil, carrot, green onion and turmeric and saute for 2 minutes.

ADD tofu, nutritional yeast flakes, salt and pepper.

MIX well and continue to cook, stirring constantly for 5 minutes or until heated through.

MAKE IT A MEAL: For breakfast, serve with roasted potatoes. For brunch, lunch or dinner, serve with roasted potatoes and a mixed greens salad.