



# Tasty Tofu or Egg Scramble

## Instructions

Serves: 4

1. Heat oil in pan and add onions and stir fry until browned, about 2-4 minutes.
2. Add the other veggies of your choice and cook until tender.
3. Make the scramble:
4. Tofu version: Add crumbled tofu and stir to cook for 3 minutes. Then add all the spices and tomatoes and stir well and cook 1-2 min until fragrant.
5. Egg version: Add the cracked and mixed up eggs to the pan and spices of your choice and stir until egg starting to firm up but not totally cooked through.
6. Add the spinach last and cook until wilted (only take a few minutes) and the tofu or egg is cooked through.
7. Enjoy!

## Ingredients

2 tsp avocado oil or other neutral oil (canola, grapeseed, etc)

½ cup chopped red onions

1/2 to 1 cup chopped tomatoes

2 cups chopped baby spinach

Options—instead of above veggies, you can choose other veggies: chopped zucchini, chopped sweet bell peppers, chopped kale, chopped mushrooms, etc

Tofu scramble (see below) or 6 eggs, cracked and mixed together with ½ teaspoon salt and ¼ teaspoon pepper

### **Tofu scramble**

1 16 oz block firm tofu, crumbled

2 tbsp nutritional yeast

¼ tsp turmeric

¼ tsp paprika

¼ tsp black pepper

¼ tsp garlic powder

½ tsp salt