

TOFU SCRAMBLE

(EGG-free, DAIRY-free, WHEAT-free)

Tofu is an extremely versatile food. It is a good source of protein; low in calories, fat and carbohydrates, and rich in calcium and potassium. This recipe makes an excellent alternative to eggs for those who are sensitive to eggs or just looking for a change.

1 400-gram (14-oz.) package, firm, pressed tofu, drained & crumbled
1 TB olive oil
3 green onions, finely chopped
1 C. sliced mushrooms
1 small red pepper, seeded & diced
1 C. zucchini, peeled & diced
1 small ripe tomato, cored & diced
2 TB Bragg's Liquid Aminos or Tamari wheat-free soy sauce
1 TB dried basil
1 TB dried oregano
1/2 TB garlic powder
1 tsp. tumeric
1/4 tsp. sea salt

In a large skillet, heat oil over medium-high heat. Add onions, mushrooms, red pepper, and zucchini – stir-fry until softened (approximately 5 minutes). Add crumbled tofu and liquid Aminos or Tamari, stir to combine. Add seasonings, stirring well to coat tofu and vegetables. Stir in tomatoes and cook until heated through (about 1 minute). Serve while hot!