

Tofu Scramble



Ingredients

- 1 block firm/extra firm tofu
- 1 tablespoon olive oil (or butter/vegetable stock)
- ½ teaspoon salt
- ¼ teaspoon pepper
- ⅛ teaspoon turmeric powder
- Small amount of squeezed lemon (optional)
- Chopped vegetables of your choice (onions, tomatoes, spinach, bell peppers, etc)
- Shredded cheese (optional)
- Parsley (optional)

Steps:

- Chop and crumble the tofu into small pieces
- Heat the olive oil in a pan and add the vegetables, salt, pepper
- Add the tofu and turmeric and stir and cook over medium-high heat for about 5-10 minutes
- Ready to serve - top with shredded cheese, parsley, or other toppings of your choice

