

Turmeric is the spice pictured here

# TOFU SCRAMBLE

## INGREDIENTS

14–16 oz extra-firm tofu drained and patted dry  
2 tbsp olive oil  
2 tbsp nutritional yeast  
1 tsp turmeric  
1 tsp cumin  
1 tsp chili powder  
1 tsp garlic powder  
1/2 cup cheese

## INSTRUCTIONS

1. Once the tofu is drained and dried, place the tofu in a medium bowl and mash until small curds form.
2. Heat the oil in a frying pan and add the tofu. Cook for about 3 minutes.
3. Add the spices and continue to cook for about 3 minutes.
4. Turn the heat down and add cheese. Cover until melted and then serve!

This is one of my favorite recipes because it is so versatile! The spices can be adjusted per preference, but I do think nutritional yeast and turmeric are essential. You can add a little variety with bell peppers, onions, black beans and/or sweet potatoes. Top it off with avocado and/or cilantro. It can be served on a tortilla with hot sauce for a breakfast burrito or create a breakfast sandwich. The options are endless!

## DID YOU KNOW?

There are so many great benefits to eating the ingredients in this recipe! Tofu is a fantastic protein source with about 12 g protein in a half of cup. Turmeric is another ingredient to highlight. Turmeric contains a phytochemical called curcumin, which is a natural anti-inflammatory. Add some vegetables to your tofu scramble and it only adds additional health benefits!

