

Tofu Scramble



Tofu scramble is a delicious dish that is reminiscent of scrambled eggs—without the cholesterol.

The secret ingredient that makes this dish smell and taste like scrambled eggs is black salt. If you don't like scrambled eggs you might enjoy tofu scramble without the black salt.

- 1 package firm tofu
- 1-2 bell peppers, chopped
- ¼ onion, chopped
- 1 teaspoon turmeric
- 2 Tablespoons nutritional yeast
- 1 cup fresh spinach
- Pinch black salt
- Spices to taste (garlic, pepper, chile, etc.).

Open the tofu and remove from water. Pat dry with paper towels.

Crumble the tofu using either your hands or a fork. Sprinkle turmeric and other spices (except for black salt) over tofu. Set aside.

In a large skillet, sauté pepper and onions over medium heat.

Add crumbled tofu to the pan, stir in nutritional yeast and make sure all the spices are mixed in well. Continue to cook over medium-high heat for 5-7 minutes.

Add spinach during the last 2 minutes of cooking.

Serve tofu scramble topped with a pinch of black salt (to taste).