



# TOFU BREAKFAST SCRAMBLE

## Serves 3-4

A quick & easy egg-replacement meal that can be modified to your favorite flavors!

## The Ingredients

### "Egg" Mixture

- 8 oz extra firm tofu
- 2 tsp turmeric
- 1 tsp of paprika
- 1 tsp of cumin (or garam masala)
- 1 to 2 tbsp of water

### Scramble/ Toppings

- 1 med yukon gold potato
- 1/2 cup of yellow onion
- your chopped veggies of choice ! we used:
  - 5 stalks of asparagus
  - 1 med tomato
  - 1 cup of arugula
  - 1 cup of spinach
  - salt & pepper to taste
  - 3 tbsp olive oil

## The Method

1. Preheat oven to 450°. Cube potato & toss with 1 tbsp of olive oil, salt & pepper. (opt. for other spices-- we used rosemary, too!). Add to tinfoil covered pan. Bake for 15 minutes.
2. While potatoes in oven. Combine dry ingredients for egg mixture. Add chopped up tofu & water. Mix.
3. Chop all veggies & set aside.
4. Remove potatoes from oven. Coat large sauté pan with olive oil. Add potatoes & chopped veggies. Cook for ~5 min. Add tofu "egg" mixture. Cook for ~3 min. Add any greens.
5. Mix over med/ high heat for 3-5 min.
6. Serve hot with side of choice!
7. -good for up to 5 days refrigerated