

Tofu Scramble



Ingredients



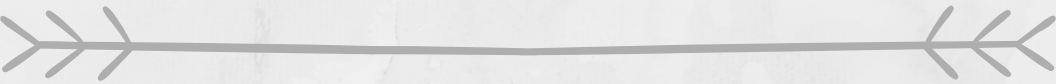
- 1 large red bell pepper
- 1 block (14oz) of tofu
- ½ cup frozen corn
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp ground turmeric
- 1/8 tsp ground black pepper
- 1 tbsp nutritional yeast
- 2 tbsp ground flax seed
- 3 cups of spinach
- 1/8 tsp salt (optional)
- 1 tbsp of EVOO

Directions



1. Wash hands with soap and water for 20 seconds, making sure to wash your wrists, in between your fingers, and under your finger nails.
2. Dice red bell pepper.
3. Mash tofu in a large mixing bowl.
4. Add the onion powder, garlic powder, turmeric, black pepper, and nutritional yeast to the tofu and mix until combined.
5. Add 1-2 tbsp of water or 1 tbsp of plant oil to a large hot pan.
6. Add corn, diced pepper, and tofu mix to the pan.
7. Cook for about 5 minutes, Add 1-2 tbsp of water if the pan starts to dry out while cooking.
8. Add spinach and cook for another 1-2 minutes or until the spinach has wilted.
9. Drain any excess water and serve. Don't forget to add the ground flaxseeds on top before eating.

Nutritional Information



- Serves 2
- Calories: 260
- Protein: 22g
- Carbohydrates: 16g
- Fat: 10g