



Scrambled Tofu



Makes 4 servings. This is tasty for breakfast, lunch or dinner. Try it stuffed into a whole wheat pita bread or whole wheat wrap. It tastes even better reheated the next day.

Ingredients

1 package, 14 ounces tofu, firm or extra firm, drained and crumbled
½ cup onions, chopped
3 garlic cloves, diced
¼ cup green bell pepper, chopped
¼ cup red bell pepper, chopped
¼ tsp garlic powder
½ tsp onion powder
½ tsp paprika
1 tsp parsley flakes
¼ tsp turmeric
2 Tbs nutritional yeast flakes
1 Tbs olive oil

Directions

1. Combine herbs, spices and seasonings in a small dish.
2. Sauté onion, garlic, green and red pepper in the olive oil until tender.
3. Add the tofu to the vegetables in the skillet. Mix in the seasonings.
4. Cook over medium heat, stirring often, until heated through, about 5 – 10 minutes.

Recipe adapted from *The Survivor's Handbook: Eating Right for Cancer Survival*, recipe by Jennifer K Reilly, R.D.

Per serving 99 calories, 7g carbohydrates, 2.5g fiber, 6g fat, 0 cholesterol, 7mg sodium