



Tofu scramble with Tomatoes and Peppers

Making tofu is similar to making dairy cheese except tofu is made from soybeans. It is vegan, very high in protein, a reliable source of iron and can have a high magnesium or calcium content too. In the US, tofu is used as a meat substitute, but it is a traditional component of many East Asian and Southeast Asian cuisines. This recipe uses firm tofu, which mimics scrambled eggs. Try it at any time of the day!

Serves: 4

Prep and cook time: 30 minutes

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 small yellow onion, finely diced
- 1 bell pepper, any color, diced
- 2 cloves garlic, peeled and minced
- 1 (16 ounce) block firm tofu
- 1 teaspoon dried oregano
- ½ teaspoon chili flakes, optional
- Dash of sweet paprika
- Salt and pepper to taste
- ¼ tsp turmeric or 1 Tablespoon nutritional yeast (for color)
- 1 ½ cups fresh tomatoes, grated or chopped small

Directions:

1. Drain the tofu and place it on a baking sheet or plate lined with a thick layer of paper towels on top and bottom of the tofu. Lay a cast iron pan or heavy can on top of the tofu and let it sit for 15 minutes to remove excess moisture, replacing the towels once. Discard towels and crumble tofu into a bowl. Set aside.
2. In a large skillet, heat olive oil over medium heat. Add the diced onion and pepper and sauté until softened about 5-10 minutes. Add the minced garlic and sauté for 30 seconds until fragrant. Add the crumbled tofu to the skillet and mix well with the vegetables.
3. Sprinkle dried oregano, chili flakes (if using), paprika, salt, pepper and turmeric or nutritional yeast (if using), over the mixture. Stir to evenly distribute the seasonings. Pour in the tomatoes and stir to combine all ingredients. Lower the heat and let the mixture simmer for about 15-20 minutes, allowing the tofu to absorb the seasonings.
4. Taste and adjust the seasoning as needed. You can even spice it up with a dash of hot sauce or sriracha.
5. Enjoy the tofu scramble on its own or on top your favorite bread.



Chef's Tip: Smash half an avocado on the bread before adding the scramble.

Nutrition Info per serving:

Calories: 254, Saturated Fat: 2.5 g, Sodium: 312 mg, Added Sugars: 0 g, Fiber: 4.4 g, Protein: 21 g

Source: Eleni Saltas e-book Feasting While Fasting, elenisaltas.com