



Scrambled Tofu

A quick and nutritious plant-based breakfast alternative to scrambled eggs.

Ingredients

- ¾ cup onion, chopped
- 2 tablespoon oil
- 2 lbs. tofu, crumbled
- 3 tablespoon Bragg Liquid Aminos or low-sodium soy sauce
- ¼ teaspoon salt
- ¼ teaspoon dried basil
- ¼ teaspoon garlic powder

Instructions

1. Heat oil in a pan and sauté onions until tender.
2. Add crumbled tofu.
3. Stir in soy sauce, salt, dried basil, and garlic powder.
4. Cook while stirring until heated through.

*Optional: Add your favorite vegetables during the sautéing step.



Serving Tip:

Serve hot with whole-grain toast or vegetables.

Nutrition per serving:

Calories: 140 | Protein: 11 g | Fat: 9 g | Carbohydrates: 6 g

REFERENCE:

Adapted from *TOFU Cookery* by Louise Hagler

