



Simple Tofu Scramble



ingredients

- 1 block (14oz.) tofu, soft, firm or extra-firm (not silken)
- 1 - 2 tablespoons nutritional yeast
- ½ teaspoon EACH garlic + onion powder, optional
- ¼ teaspoon turmeric
- salt + pepper, to taste

instructions

- Drain the tofu, no need to press as the water will dissipate as it cooks. I typically let the block of tofu rest on its side thin side to drain for a few minutes before using.
- Cook Tofu: Heat the skillet over medium heat, add the tofu while crumbling it between your fingers. Alternatively, add the tofu block to the skillet and use the back of a fork to mash it a bit. You can also break it up with a wooden spoon. Do whatever is comfortable or makes sense for you.
- Add seasoning and cook for 2 - 3 minutes.

