

Breakfast Scramble

Serves: 12

amount	unit	Ingredients:
48	ounces	extra firm tofu
1	tsp	salt
3	tsp	cumin
1.5	tsp	chili powder
1.5	tsp	turmeric
1	Tbsp	water
1	each	red onion, thinly sliced
3	each	red pepper, thinly sliced
3	clove	garlic, minced
6	cups	spinach, chopped
1	jar	salsa

Instructions: Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast iron skillet, for 15 minutes. While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside. In a skillet on medium high heat, add 1 Tbsp water. When the water begins to sputter, add onion, red pepper and garlic, cook until softened, about 5 minutes, adding water just as needed to prevent sticking. Add spinach, season with salt and pepper, and cover to steam for 2 minutes. Unwrap tofu and use a fork to crumble into bite-sized pieces. Move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir, evenly distributing the sauce. Cook for another 5-7 minutes until the tofu is slightly browned. Serve with salsa.

Nutritional Information:

Calories: 130; Carbohydrates: 7g; Fiber:3 g; Sugars: 2g; Protein: 12g; Fat:6 g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 200mg;