



Recipes

Breakfast

Tofu Scramble

Prep Time: 5 minutes

Cooking Time: 20 minutes

Yield: 2 servings

Ingredients:

1 block firm tofu
2 to 3 teaspoon olive oil
1/2 teaspoon tamari soy sauce
1/8 teaspoon turmeric
1 red onion, chopped
1/2 red bell pepper, chopped
1/8 teaspoon paprika
1 tablespoon umeboshi vinegar
Dash of black pepper

Directions:

1. Press tofu to remove excess water and crumble into small pieces.
2. Heat oil in a frying pan.
3. Add tofu, tamari and turmeric.
4. Sauté for 5 minutes.
5. Add onion, red pepper, paprika, umeboshi vinegar and black pepper.
6. Cook for 5 more minutes or until mixture thoroughly heated.

Variation:

Garnish with alfalfa sprouts or fresh parsley.