



Recipes

Sea Vegetables

Nori Ginger Tofu Scramble

Prep Time: 5 minutes

Cooking Time: 5 minutes

Yield: 2 servings

Ingredients:

- 3 sheets nori
- 1 tablespoon oil
- 1 package tofu
- 1 teaspoon freshly grated ginger
- 2 tablespoons nutritional yeast
- 1 teaspoon tamari

Directions:

1. Cut nori sheets into very thin one inch strips (scissors work best).
2. Heat oil in a skillet.
3. Crumble tofu and add to skillet once oil is heated
4. Simmer until tofu is heated
5. Stir in nori, ginger, nutritional yeast and tamari.
6. Cook for 5 more minutes or until fully heated through.

Note:

- Sprinkle on toasted sesame seeds for added flavor.