

Tofu Scramble

Ingredients

- 1 pound extra-firm tofu
- • 3 tbsp [nutritional yeast](#)
- • 1 tbsp [Dijon mustard](#)
- • 1 tsp [garlic powder](#)
- • 1 tsp [onion powder](#)
- • ½ tsp [turmeric](#)
- • ½ tsp [cumin](#)
- ½ tsp salt

Instructions

Drain excess water off of tofu and place it in the center of a non-stick or greased skillet. Using a spatula, break tofu up into thick cubes. Cook over medium-high heat for 3-4 minutes, until the tofu releases its water. Add remaining ingredients, stirring to combine. Continue to cook and stir for another 5-10 minutes, breaking tofu chunks into smaller pieces so the consistency resembles scrambled eggs. Add a splash of non-dairy milk or lemon juice if the tofu starts to dry out or stick to the skillet. Once the tofu has the right consistency, is yellow in color and is thoroughly warm, add additional salt and pepper to taste and serve.

Nutrition

Servings per batch: 2

- Calories: 230
- Fat: 10.80g
- Carbohydrate: 13.70g

- Dietary Fiber: 6.50g
- Sugars: 2.20g
- Protein: 26.30g

<https://happyherbivore.com/recipe/tofu-scramble/#>