

## Spring Herb Tofu Scramble



### Ingredients:

21 Oz tofu, extra firm  
 ½ cup red peppers, diced  
 ½ cup yellow peppers, diced  
 1 cup spinach, chopped  
 1 tsp basil  
 1 tsp parsley  
 1 tsp cilantro  
 1 cup onion, diced  
 2 ½ Tbsp light soy sauce  
 1 Tbsp olive oil  
 1 tsp turmeric  
 ¼ tsp black pepper

### Directions:

1. Prepare the scramble, in a bowl, crumble the tofu, add the light soy sauce and set aside.
2. Bring a fry pan to medium-high heat and add the olive oil. Add the onions and reduce the heat to medium. Sauté until they are translucent and golden, then add the garlic
3. Once the onion and garlic are caramelized, add the peppers, spinach, and crumbled tofu. Cook on high heat for 4 minutes until the ingredients begin to brown slightly.
4. Next add the nutritional yeast, turmeric and pepper and cook another 3-5 minutes.
5. Right before serving, add the chopped fresh basil, parsley and cilantro.

### Nutritional Information

Calories ..... 129  
 Total Fat..... 6 g  
 Saturated Fat ..... 0.9 g  
 Cholesterol ..... 0 mg  
 Total Carbohydrate.... 7.7 g  
 Dietary Fiber ..... 3.5 g  
 Protein ..... 10.6 g  
 Sodium ..... 264 mg  
**Serving Size** ..... ½ cup

**Recipes yields**.....8 servings

Prep time: 10 minutes

Cook time: 15 minutes