



# Vegetarian Recipe

## Morning Tofu Scramble

(Vegan + Vegetarian)

### Ingredients:

- 1 package firm tofu
- juice of ½ lemon
- 1 tsp Nutritional Yeast
- ¼ tsp paprika
- ¼ tsp garlic powder
- ¼ tsp black pepper
- sea salt, to taste
- ¼ cup chopped onion
- ¼ cup chopped tomatoes
- ¼ cup chopped spinach



### Directions:

1. Add crumbled tofu to a sauté pan and add lemon juice and seasonings.
2. Scramble for about a minute to warm, and then add in onion, tomato, and spinach. Continue to scramble on medium heat for another 3-5 minutes or until cooked to your liking.
3. Enjoy!

**Serves: 2-3**

**\*Fun fact: Tofu is made from soybeans, and is a great source of vegetarian protein.**

*Photo from: <http://www.peta.org/living/food/tofu-scramble/>*

**Written by Caroline Waters, RDN**