

Vegan

Scrambled Tofu

Esther Gamayo

Servings: 8

Vegan

2 Packages Tofu, Firm, drained and finely chopped
1/2 Cup Onion, Chopped
2 Cloves Garlic, Minced
2 Tablespoons Vege Chicken Seasoning
4 Teaspoons Nutritional Yeast Flakes
2 Teaspoons Bragg's All Purpose Seasoning or Light Soy Sauce
1/2 Cup Red Bell Pepper, Chopped
3 Tablespoons Olive Oil
Dash of Salt and Pepper (optional)
Fresh Chopped Italian Parsley for Garnish

Heat olive oil in a medium skillet over medium heat, and saute garlic, onion and red bell pepper until tender.

Stir in tofu, sprinkle all seasonings over tofu.

Mix well, stir occasionally. Cook until most of the moisture has disappeared.

Garnish with chopped parsley before serving.

Per Serving (excluding unknown items): 72 Calories; 6g Fat (77.9% calories from fat); 3g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat.