



VEGAN SCRAMBLED “EGGS” WITH SAUTEED VEGGIES

By Dr. Cindy Tanzar
(Vegan/Vegetarian Plans)

This basic “egg” recipe offers a great source of protein for those who follow a vegan or vegetarian diet. The organic tofu takes on the flavors of the veggies, while providing the appeal of a traditional scrambled egg dish. You can use the basic egg recipe in many ways by substituting other vegetables, adding salsa or herbs (basil, chives, dill, etc.) for the last 1-2 minutes of cooking or add spices (paprika, cumin, taco seasoning) along with the almond milk to simmer.

There are 2 servings of tofu in this recipe. One serving covers your protein for one meal. One cup of vegetables covers your vegetable and fat for one meal.



INGREDIENTS

- 1 14-oz pkg organic firm tofu, drained
- 1 Tbsp nutritional yeast
- 1/4 tsp turmeric powder
- Pink Himalayan salt & black pepper, to taste
- 3/4 cup unsweetened coconut or almond milk

Veggies

- 1 Tbsp avocado oil
- 1 Tbsp Kerry Gold butter



16 oz. raw baby spinach
3/4 cup onion, diced
3/4 cup peppers (any color), diced
3/4 cup mushrooms, rough chopped
3/4 cup fresh tomatoes, diced

(OR: Dice a variety of vegetables you enjoy and sauté them in the avocado oil and butter; then measure out two cups to add to the “eggs.” Save any leftovers for another meal.)

DIRECTIONS

Heat a skillet over medium-high heat. Add avocado oil and butter. Add onions, peppers and mushrooms, cooking until caramelized. Then add the tomatoes and spinach and sauté until spinach is wilted.

In a separate non-stick skillet, turn the heat to medium and add the drained tofu, breaking it off into bit-sized chunks (not too small, as they will break more during cooking). Sprinkle the nutritional yeast and turmeric over the tofu, stirring and cooking for about 5 minutes.

Add the almond milk, salt and pepper and simmer for 10 minutes, stirring occasionally. The liquid should be mostly absorbed.

After the tofu is done, add the sautéed vegetables and mix together.