

## TOFU SCRAMBLE

*Serves 4*

- 1 Tablespoon olive oil
- 1 clove garlic, finely chopped
- 1/2 onion, finely chopped
- 1 package extra firm Vermont Soy tofu (mashed with your hands)
- 1/2 teaspoon sea salt
- 1 Tablespoon soy sauce
- 1/8 cup nutritional yeast flakes
- 1 teaspoon ground turmeric
- 1/2 cup of your favorite vegetables

Heat the oil in a medium skillet over medium high heat. Add garlic and onions and sauté for 1 minute. Add the tofu and sauté for 5 minutes while stirring. Add sea salt, soy sauce, yeast, and turmeric and stir. Add vegetables and cook for 5 minutes more or until vegetables are tender. Serve immediately.



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