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## Tofu Scramble

By Gemalli Austin, DrPH, RD

### Ingredients

- 8 ounces of extra-firm tofu
- 1/2 cup of mushrooms
- Three garlic cloves
- medium red onion chopped
- Bell pepper chopped
- 1/2 cup of chopped tomatoes
- 1 Tbs of Bragg Aminos
- 1 Tsp of smoked paprika
- 1 Tbsp of nutritionist yeast flakes
- 1 Tsp of Chicken Season
- 1 Tbsp of dried basil
- 1-2 cups of greens ( kale, chard, spinach etc.)

### Instructions

1. Press tofu with a tofu press or place a cast-iron skillet or other heavy object on top of the paper towel-wrapped tofu for about 30 minutes. (This will help remove moisture, so the tofu retains its shape better during cooking).
2. In a hot skillet, sauté mushroom (until soft) and add garlic for a few minutes.
3. Then add onion (cook for a few minutes) and bell peppers (cook for a few minutes).
4. Add seasons, Bragg amino, paprika, nutritionist yeast flakes, chicken season, basil and add tomatoes.
5. Cook for a few minutes until the tomatoes get the flavor.
6. Add tofu and cook for 2-3 minutes.
7. Add green last and cook for another 2-3 minutes.
8. Then serve immediately with breakfast potatoes, toast or fruit. You can also add flavor with salsa, hot sauce or fresh cilantro.