

Tofu and Veggie Scramble

Prep time:

10 minutes

Cooking time:

15 minutes

Yields:

4 servings

Ingredients:

1 pack tofu, drained and crumbled
1/2 onion, diced
1/2 red pepper, diced
5 medium sized mushrooms, sliced
2 cups fresh baby spinach
salt and pepper to taste

Directions:

Saute onions, peppers and mushrooms together in a pan 1-2 minutes. Add in your crumbled tofu and stir cooking until tofu begins to lightly brown. Add spinach and cook until spinach has softened. Season with salt and pepper.