

Tofu Scramble by our friend Davy.

INGREDIENTS

serves 4 to 6

16 oz firm tofu, drained
2 tsp ground cumin
1 tsp salt
1/4 tsp black pepper
1 Tbsp ginger, minced
1/4 tsp ground turmeric
3 Tbsp olive oil
1 onion, chopped
1 red pepper, chopped
6 oz mushrooms, sliced
2-3 cups fresh spinach

DIRECTIONS

Crumble tofu into bit-size pieces in bowl and mix with cumin, salt, pepper, ginger, turmeric. Set aside.

Heat pan to medium to medium-high. Add olive oil. Sauté onions in oil until they begin to soften (about 2 minutes). Add mushrooms and red pepper. Sauté until just soft. Cover a minute to speed cooking and release juices if you like.

Stir in tofu mixture. Heat through about a minute. Add spinach leaves and cover for half a minute to soften them. Mix in spinach until it's barely wilted.

Serve warm with toast, potatoes, vegan sausage, etc.