

## **SCRAMBLED TOFU**

**By Sally Kelly**

½ c. chopped onion  
½ c. diced red bell pepper  
14 oz. fresh firm tofu, drained and crumbled into not-too-large chunks  
1 Tbsp. nutritional yeast flakes  
1 tsp. salt  
1 tsp. onion powder  
¼ tsp. garlic powder  
pinch of turmeric - gives a nice yellow color

Place all ingredients in a nonstick skillet and cook on medium temperature. Water will come out of the tofu as it cooks. With a spatula gently turn mixture to distribute seasonings. Water will continue to evaporate as the tofu cooks. Cook about 10 minutes, turning occasionally until the tofu starts to turn light golden brown. Great as leftovers. Keeps for several days refrigerated.