

Scrambled Tofu With Veggies

Prep. Time: 20 minutes

Serves 4

1 (1 lb. block) firm tofu

DRAIN water off tofu.

RINSE in clear water.

Preferably let set overnight in fresh water & drain again in morning.

1 t. mild olive oil

2 T. minced onion

2 fresh mushrooms sliced

2 T. chopped red bell pepper

2 T. julienned zucchini

SAUTÉ mushrooms & onions in oil until tender.

ADD pepper and zucchini and sauté briefly. Set aside.

1 t. soy sauce

1/4 t. garlic powder

1/2 t. onion powder

2 t. McKay's Chicken-like Seasoning

1/8 t. dried crushed basil

1/4 t. Lawry's Seasoned Salt or to taste

1/16 t. turmeric

CRUMBLE tofu, mixing in seasonings and distributing evenly.

PLACE in fry pan and sauté until slightly browned, stirring frequently.

ADD cooked vegetables.

STIR to heat and distribute all ingredients equally.

SERVE with condiments such as catsup or salsa on the side.