

Curried Tofu Scramble

3 SERVINGS 25 MINUTES



INGREDIENTS

1 tbsp Vegetable Broth
1 Red Bell Pepper (chopped)
1/2 Yellow Onion (chopped)
15 3/4 ozs Tofu (extra firm, drained and pressed to remove water)
1 tsp Curry Powder
1 tbsp Nutritional Yeast
1/4 tsp Sea Salt
3 cups Arugula

DIRECTIONS

- 01 In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 02 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 03 Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	160	Carbs	8g
Fat	8g	Protein	18g