

# Spinach Scrambled Tofu

Goes great with Hollandaise sauce..

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 5 mins

Cooking time: 10 mins

Category: Breakfast

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



## Ingredients

Tofu, raw (not silken), cooked, firm	1 block - 7" x 1 9/16" x 1 5/8"
Olive oil	1 tablespoon
Onion, white, yellow or red, cooked	1 small
Red bell peppers, cooked	0.5 medium - 2 1/2" diameter x 2 3/4"
Spinach, cooked from fresh	2 cup
Himalayan black salt	1 x 1 tsp
Turmeric, ground	1 teaspoon
Paprika	1 teaspoon
Garlic, powder	1 teaspoon
Red pepper (cayenne), ground	0.1 teaspoon

## Instructions

Tightly wrap tofu in a cheese cloth, paper towel or tea towel and press for 30 minutes. You can press tofu by placing a heavy object over it such as a book.

1. Add oil to cast iron skillet over medium heat. Add diced onion and red pepper. Cook and stir until translucent.
2. Crumble tofu with your hands and add it to skillet. Add spices and stir until well combined. Cook for about 5 - 8 minutes stirring frequently.
3. Add fresh spinach and stir until spinach cooked - about 5 minutes.
4. Enjoy warm.

Can be stored in refrigerator to up t 4 days.