

Santorini Scramble with Veggies & Tofu

Serves 2 to 4

This tasty tofu scramble has what it takes to convert a hardcore carnivore (like my husband Bruce) and the nutrition value is off the charts.

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Veggies

- 1/2 onion sliced
- 2 green onions including green parts sliced
- 8 ounce mushrooms sliced
- 1 red bell pepper diced
- A big handful of greens like kale (about half a bunch) torn into bite size pieces
- 6 Kalamata olives chopped

Tofu

- Nonstick veggie spray
- 1 teaspoon grape seed or olive oil
- 7 ounces extra firm organic tofu (half 14-ounce slab)
- 1/2 teaspoon turmeric
- 1 teaspoon nutritional yeast
- 1/2 teaspoon granulated garlic
- Unrefined sea salt

Santorini Dressing

- 1 tablespoon extra virgin olive oil
- 1 tablespoon Nama Shoyu or tamari
- 2 teaspoons fresh lemon juice
- 1/2 teaspoon dried oregano

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Whisk and blend olive oil, Nama, lemon juice and oregano.

Directions

Heat skillet over medium low heat, coat with nonstick spray. Sauté onion, green onions, mushrooms and bell pepper just until cooked through. Remove from skillet and set aside. Add a half-inch of water to skillet and sauté greens until wilted. Remove and drain greens, press out excess water.

Heat skillet over medium low heat. Spray with nonstick spray and add olive oil. Using paper towels, press excess moisture out of tofu then crumble into skillet. Sauté, stirring occasionally, until tofu starts to slightly brown or look blond. Add turmeric, nutritional yeast, granulated garlic and sprinkle lightly with salt. Cook and stir just until tofu is coated with dry ingredients.

Assemble: Toss tofu with veggies, olives and dressing. Serve immediately.

