

Scrambled Breakfast

Ingredients:

12 oz extra firm tofu, drained (refrigerated, not from a shelf-stable carton)
1/2 medium onion (*optional*) **OR** 1/4 t. onion powder
1/2 green bell pepper, or a mix of red and green (*optional*)
1/2 t. sea salt
2 t. nutritional yeast
1/8 t. turmeric
1/8 t. paprika
1/4 t. kala namak (black salt)
Water (to prevent sticking)



Directions:

Dice the onion and bell pepper and dry sauté in a pre-heated large sauce pan until softened. (If not using these ingredients, skip this step and add onion powder to the dry mix) You can always add a teaspoon or two of water to your pan if the heat is too high and the veggies start to stick.

While the veggies are cooking, mix the dry ingredients together in a small dish.

Once the veggies are soft, crumble the tofu directly into the pan and immediately sprinkle the dry seasoning evenly over the top.

Cook the mixture, scraping with a spatula occasionally to turn and mix, until heated through and a desirable dryness is reached. You may need to add a half tablespoon of water at a time to loosen the tofu from the pan during cooking.

Serve over toast or as a side to some pancakes and fruit.

About the recipe...

I would have never thought I could make a scrambled egg substitute until my mom brought me something called “kala namak” from the Indian grocery store. Also known as “black salt,” kala namak smells EXACTLY like a hard-boiled egg. That is to say, it has a sulphur-like quality. Without this special ingredient, you may not be able to impress your family, but the scramble would still work well in a breakfast burrito with chunks of fried potato, some green chiles and salsa. Although if you can’t find kala namak, try finding the usually available sprouted extra firm tofu. Sprouted tofu has a sulphur-like quality and you may be able to use that and omit the kala namak! salting to your preference with regular sea salt.