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## TOFU SCRAMBLE

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*This is a no-recipe/method for one of my favourite things I ordered at a restaurant.*

*I start with 1 cup of red, yellow and green peppers and saute them in olive oil, throw in 1 cup of frozen or fresh chopped mushrooms, ¼ cup black olives, ¾ cup of onions and celery (finely chopped), garbanzo beans are optional.*

*Add a handful of spinach (fresh is always better) and ¾ cup of plum tomatoes. Coat 1 cup of cubed Tofu with a bit of turmeric to give it a yellow colour. Toss this all together, until it's nice and hot. I add a little teriyaki and soy sauce to keep it moist. Add a handful of crumbled Feta cheese and serve.*