

# Morning Scramble Recipe



## Ingredients

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- 14-16 oz FIRM tofu
  - 1 Tbsp tamari
  - 1 tsp curry powder
  - 1 tsp cumin
  - 1 tsp turmeric
  - ½ cup chopped onion
  - ½ Tbsp maple syrup
  - ½ C sliced mushrooms
  - 3 C chopped collard greens
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## Method

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1. Heat a skillet to medium. Sear onions and mushrooms for 2-3 minutes.
2. Add tofu and cook for 1 minute, stirring the vegetables into the tofu.
3. Add the collards and mix in for about 15-20 seconds. Put a lid on the mixture, turn down the heat and let the collards steam for 1 minute. The collards should be slightly wilted and bright green.
4. Serve with hot sauce and tortillas, optional.

Note: Tofu preparation: Slice open the tofu container and let the water drain out. With a potato masher, mash tofu in medium bowl. Add spices, maple syrup and liquid aminos. Mix until well blended.

*Sunday mornings I want to read the paper, listen to the radio and have a colorful breakfast. This quick and versatile dish can take any spices or veggies you like. Tofu is not cooked to make it safe for eating, just to equal the temperature of the vegetables.*

*Serve with heated tortillas.*

*AND hot sauce!*