

Cruciferous

by Joy Manning

Veggie Tofu Scramble

I wouldn't dream of making a tofu scramble without plenty of vegetables. You should definitely keep the onion and mushrooms for savoriness, but you could substitute other vegetables you have around for the peppers and kale. Asparagus, broccoli, spinach, and Swiss chard are all good options.

Serves 4

Seasoning blend:

2 tablespoons nutritional yeast (plus more for topping, if desired)
2 tablespoons water
1 teaspoon salt
½ teaspoon turmeric
¼ teaspoon black pepper
¼ teaspoon garlic powder

Scramble:

1 tablespoon olive oil
1 cup chopped mushrooms, any kind
½ cup red or green bell pepper
¼ cup chopped onion
1 cup chopped kale
1 block firm tofu, drained and crumbled

Make your seasoning blend: In a small bowl combine the nutritional yeast, water, salt, turmeric, black pepper, and garlic powder. Whisk and set it near the stove.

In a large, well-seasoned cast iron or carbon steel skillet over medium heat, heat the olive oil. Add the mushrooms, bell pepper, and onion and cook, stirring frequently, until the vegetables have softened, about 8 minutes. Add the kale and cook until wilted, about 2 minutes.

Add the crumbled tofu to the skillet and stir, breaking up any large crumbles, until warmed through and resembling scrambled egg curds. Pour the seasoning blend over the top and stir. You want everything to be an even yellow and the water to evaporate. If you have tofu stickage, pour in a few tablespoons of water and use a wooden spoon to scrape any stuck bits back into your scramble. Sprinkle another tablespoon of nutritional yeast over the top if you like it extra cheesy.

Serve with toast. Or use it as a filling for a breakfast wrap. Or fold into corn tortillas with avocado for breakfast tacos. Or pile on an English muffin for a breakfast sandwich. You get the idea.