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|  | **Ingredients** | **Step** |
| Tofu Scramble | 14 ounces  **extra firm tofu**  1 cup  **onion**, chopped  1 cup  **bell pepper**, chopped (any color)  1 teaspoon  **oil**  10 ounces  frozen chopped **spinach**, thawed/drained  1 teaspoon  **garlic powder** or 4 **garlic cloves**, minced  1⁄2 teaspoon  **salt**  1⁄2 teaspoon  **pepper**  1 ounce  (1/4 cup) **cheddar cheese** | 1. Drain and press tofu to remove extra liquid.  Crumble; set aside. 2. In a medium skillet over medium heat, sauté onion and bell pepper in oil until tender, 5-7 minutes. 3. Add spinach, garlic, salt and pepper.  Stir to combine. 4. Add tofu; cook and stir until heated through.  Sprinkle cheese over the top.  Serve hot. 5. Refrigerate leftovers within 2 hours. |