**Tofu Scramble**

Servings: 4

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Total Time: 30 Minutes

Equipment Needed:

Measuring Utensils, Skillet, Spatula, Fork, Bowl

Ingredients  
1 pound Firm Tofu

1/3 Cup Chikn Style Seasoning

1/2 teaspoon Garlic Powder

1/4 teaspoon Basil (fresh OR dried)

1/4 Cup Water

dash Cayenne

1/2 Red Onion, diced (OR) 4 Green Onions, minced (optional)

1/2 Tablespoon Turmeric (optional)

1 teaspoon Mrs Dash (optional)

pinch Sea Salt (OR) Pink Himalayan Salt

Directions:

1. Place all ingredients in a bowl, breaking up the tofu into small crumbles as you mix.
2. Preheat a skillet over medium-high heat. Once hot, add the tofu to the skillet.
3. Cook the tofu, stirring frequently. Add small amounts of water as needed to prevent sticking or to steam the tofu as it cooks.
4. Continue cooking until the tofu is evenly heated and reaches your desired texture.
5. Remove from the skillet, serve, and enjoy!