

Tofu Scramble Tacos

1) Chop up the broccoli into pieces no larger than nickel, about for about 2 cups. Dice the bell pepper and onion into pea size pieces. Shred the carrot on a box grater or dice it up very small. Mince the garlic and jalapeño. In a small bowl, mix together the cumin, chili powder and oregano and set aside. All the prep work is done.

2) In a large skillet, heat the oil over medium heat. Add the onion and cook until it starts to look golden around the edges, 3 to 5 minutes. Now add the chopped broccoli and bell pepper and cook until the broccoli starts to get tender. Add a pinch of salt and pepper. Don't overcook the broccoli, only about 3 to 4 minutes. Now add the garlic and jalapeño and sauté for about 30 seconds.

3) While the veggies are cooking, drain the tofu and squeeze out as much as possible. You can use paper towels to press the tofu. Now crumble the tofu into the pan into quarter-size chunks. Break it up more with the spoon once in the pan. Saute the tofu with the veggies for 2 to 3 minutes and try to get it all mixed in. Add another small pinch of salt. If the pan starts looking dry, add a splash of water and move on. Add the soy sauce and lemon juice all over the pan. Add the spice blend, shredded carrot and nutritional yeast right after and stir it in. Let all that cook together for about 2 minutes so that the flavors blend.

4) You can top the mixture over spinach/kale mixture, sweet potato or corn tortilla. Also add some avocado or fresh tomato salsa. Feeling ambitious? You can make some zoodles and top the mixture over the zoodles. Add a few extra dashes of soy sauce and you are good to go.

Recipe from Thug Kitchen

Never tried tofu? Sounds scary? Too afraid to try it? Push those fears aside, man up and try something new! Honestly, it

absorbs all the flavor from the soy sauce and lemon juice and is D-E-L-I-S-H. Tofu texture sort of reminds me of cheese, kinda sorta like cream cheese. Make sure you really press the tofu so that the excess water drains out. Tell your kids (or Husband, poor Neil, he has no idea what he's eating sometimes) that it's chicken! Enjoy!