Good Grinding for Wise Dining
Scrambled Tofu

Number of servings: 2
*1 recipe will make 8-16 “taste” servings

Ingredients:
½ (20-ounce) container tofu
1 ½ teaspoons butter
¼ (10-ounce) package bean sprouts
1 egg
Salt and pepper to taste

Optional: garlic
watercress
mushrooms
cheese
bell pepper
green onions
chop suey mix

Directions:
1. DRAIN tofu.
2. In a small bowl, DICE or MASH tofu.
3. Optional: CRUSH garlic.
   SLICE: watercress, mushrooms, cheese, bell peppers, and green onions.
4. In a plan, MELT butter. ADD tofu.
5. ADD bean sprouts and optional ingredients. SAUTE over medium heat until lightly BROWNED.
6. BEAT eggs and ADD to tofu mixture. COOK until firm.
7. SPRINKLE salt and pepper to taste.
8. STIR and COOK until firm.

Variations:
SAUTE one or more optional ingredients with tofu. Season to taste.
Equipment

- Electric skillet
- Extension cord
- Colander
- Cutting board
- Fork
- Knife
- Measuring spoons
- Mixing bowls
- Mixing spoon
- Paper towel
- Plates and forks

*Always practice safe food handling techniques. Refer to Food Safety section.*