Scrambled Tofu

Number of servings: 4

Ingredients:
- 1 ½ teaspoons butter
- ¼ (10-ounce) package bean sprouts
- 1 egg
- Salt and pepper to taste
- Optional: garlic, bell pepper, watercress, green onions, mushrooms, chop suey mix, cheese

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.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.