Southwest Tofu Scramble

Yield: 3 servings
Total Time: 30 minutes

Ingredients
- 8 ounces extra firm tofu
- ½ red onion
- ½ bell pepper
- 2 Tablespoons Canola oil

For the sauce:
- ¾ teaspoon garlic powder
- 1 teaspoon cumin powder
- 1 teaspoon chili powder
- ½ teaspoon salt

Optional: Serve with salsa or hot sauce, potatoes and fruit for a complete meal

Preparation Instructions
1. Pat tofu dry and wrap with a clean towel. Place something heavy on top of the tofu, such as a heavy skillet, for 15 minutes.
2. Meanwhile, make sauce by adding dry spices to a small bowl and add enough water to make a pourable sauce. Set aside.
3. Slice onion and pepper.
4. Heat oil in a large skillet and add onion and pepper. Cook until soft, about 5 minutes.
5. Unwrap tofu and use a fork to crumble into bite-sized pieces.
6. Use a spatula to move the vegetables to one side of the pan and add tofu. Cook for 2 more minutes, then add sauce, pouring it mostly over the tofu and a little over the vegetables. Stir and cook for another 5-7 minutes or until tofu is slightly browned.

Nutrition Analysis
Per Serving: 170 calories; 13g fat (1g saturated, 0g trans); 0mg cholesterol; 380mg sodium; 6g carbohydrate (2g dietary fiber; 2g sugar); 8g protein. Vitamin A 20%, Vitamin C 45%, Calcium 20%, Iron 10% Daily Value.

Cost
Per serving: $1.04

Modified from: www.minimalistbaker.com