



SCRAMBLED TOFU

1 serving

Ingredients

1 small onion
2 Tbsp. oil
4 oz. hard tofu
 $\frac{1}{4}$ tsp. ground ginger
 $\frac{1}{4}$ tsp. dry mustard
 $\frac{1}{4}$ tsp. garlic powder
salt & pepper to taste

Step-by-Step Preparation

1. Chop the onion and fry in oil until golden brown.
2. While the onions are frying, cut the tofu into small pieces.
3. Add the tofu to the fried onion, sprinkle the seasonings on top and continue frying. Stir the mixture.
4. Serve when the tofu gets golden brown.



OPEN-TOASTED TOFU SANDWICH

1-2 servings

Ingredients

2 slices white bread
4 thin slices of tofu
2 tsp. olive oil
1 medium tomato, thinly sliced
2 tsp. basil
salt & pepper to taste

Step-by-Step Preparation

1. Toast the white bread.
2. Place 2 thin slices of tofu on each piece.
3. Spread 1 tsp. of oil on top of the tofu.
4. Cover with tomato slices.
5. Sprinkle basil on top and then sprinkle salt and pepper to taste.
6. Put the open-toasted tofu sandwiches in the microwave and heat on high for 45 seconds. Eat and enjoy.