

Tofu Scramble

Ingredients

1 Tablespoons olive oil
2 medium potatoes, peeled and diced
1 cup sliced fresh mushrooms
2 Tablespoons each: chopped onion and green pepper
3 cups tofu

Method

Heat oil in an eight-inch frying pan over medium heat. Add potatoes and fry five minutes. Add mushrooms, onion and green pepper. Cook and stir until crisp tender. Remove tofu from package and rinse well. Drain. Add all at once to prepared vegetables. Stir mixture frequently while cooking two to five minutes or until tofu is firm. Serve hot with breakfast or cold on sandwiches. Yields four servings.