



Scrambled Tofu

by *BHHEC Kitchen*

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- 1 lb. water pack tofu
- 1 Tbsp. onion powder
- ½ tsp. paprika
- ½ tsp. garlic powder
- 1 Tsp. Herbamare
- 1½ Tbsp. chicken style seasoning
- ¼ tsp. turmeric
- ¼ cup chopped olives (opt)
- ¼ cup chopped celery (opt)
- ¼ cup chopped peppers (opt)
- ¼ cup chopped onion (opt)

1. Mash tofu in a bowl.
2. Add all vegetables and seasonings.
3. Mix well.
4. Spread on sprayed cookie tray.
5. Bake in 350F degree oven about ½ hour.

You may also like to add left over chopped baked potatoes or fresh chopped tomatoes.