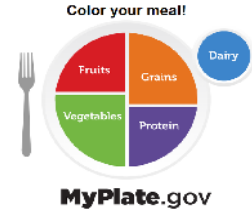




ITALIAN TOFU SCRAMBLE



Ingredients:

- 1 zucchini, chopped**
- 5 cloves garlic, minced**
- 1 tsp dried oregano**
- 2 cups spinach**
- ¼ cup olives, chopped**
- ¼ cup fresh basil, thinly sliced**
- ¼ cup parsley, chopped**

- 15 oz firm tofu, drained**
- ½ tsp turmeric**
- ½ tsp sea salt**
- 1 tsp low sodium soy sauce**
- 4 oz mushrooms, sliced**
- 1 tbsp canola oil**

Directions:

1. Heat oil in a large skillet over medium heat. Add half of the garlic until fragrant.
2. Crumble tofu and add to the skillet. Mix in the turmeric and salt and let it get browned evenly.
3. Remove from the skillet and now add the zucchini, remaining garlic, soy sauce and mushrooms. Cook over medium heat for 5 minutes.
4. Combine all together and stir in the spinach, basil, parsley and olives.
5. Cook until spinach is wilted.
6. Enjoy!

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Mention Gleaners when speaking with your SNAP representative.

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