

# **Scrambled Tofu & Veggies**

## **Ingredients**

- 1/2 cup crumbled firm tofu
- Spinach, bell peppers
- 1 tsp turmeric
- Olive oil

## **Instructions**

1. Sauté tofu and veggies.
2. Add turmeric and serve.

## **Health Benefits**

Anti-inflammatory, plant protein.