



Mad Scramble

suggested vegetables: fennel, squash, tomatoes, beans, radishes, cauliflower, broccoli, sweet potatoes

suggested greens: chard, spinach, kale, mustard, lettuce

- sesame seeds or sunflower seeds
- chopped cilantro
- diced vegetables and sliced greens
- ground turmeric, coriander and cumin
- minced ginger
- minced onion or shallot
- minced garlic
- ghee or olive oil
- extra firm tofu, drained
- sea salt

Blot the tofu with paper towels and cut into 1/2" cubes. Heat some ghee or oil in a large skillet and saute the onion or shallot and garlic until golden, then add garlic, ginger and spices. Saute until fragrant, then add diced vegetables and greens and cook until tender. Add tofu and mix well, cooking until flavors are blended and tofu is hot. Plate and garnish with cilantro, a sprinkling of seeds and some sea salt.