

Tofu Breakfast Scramble

Ingredients

1 box firm tofu
1 zucchini, diced small
1 tomato, diced
½ onion, diced
1 red bell pepper, diced
2 green onions, finely sliced
1 tablespoon fresh cilantro, minced
1 clove garlic, minced
Salt and pepper to taste / Tomato paste if desired

Instructions

1. Spray pan with 100% olive oil spray
2. Add all ingredients and fry until vegetables are soft and ready to eat.
3. Salt and pepper to taste
4. Serve with tomato paste

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