



Cooking in the Kitchen at Olum's

Molly Morgan RD, CDN, CSSD
*Delicious Recipes
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Egg-like Breakfast Scramble

Serves 2

Ingredients:

- 1 cup diced bell pepper
- ½ cup diced sweet onion
- 8 ounces silken tofu
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- Sea salt, to taste

Directions:

1. Heat a medium skillet over medium heat. Sauté the peppers and onions until tender, about 3 to 5 minutes.
2. Add the tofu, garlic powder, onion powder and sea salt, and mix well.
3. Cook 8 to 10 minutes or until the scramble is hot. Serve.

Recipe from Molly's book, Skinny Size-It (Harlequin Non-Fiction 2014)

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