

Nori Ginger Tofu Scramble

Prep Time

5 minutes

Prep Notes

n/a

Cooking Time

5 minutes

Yields

4 servings

Ingredients

2 full sheets nori
1 tbsp extra virgin olive oil
1 package extra firm tofu
2 tsps freshly grated ginger
3 tsps nutritional yeast
2 tsps tamari
Sea salt to taste

Directions

1. Using scissors, cut the nori sheets into very thin one-inch strips.
2. Heat oil in a skillet. Break the tofu into several pieces. Squeeze the water from each piece, feel free to do this over the sink or onto a paper towel, then crumble the tofu and add to the pan. Simmer for a few minutes until the tofu is heated.
3. Stir in the nori, ginger, nutritional yeast and tamari. Cook for an additional 5 minutes or until fully heated through. Season to taste with sea salt.

Notes

- Sprinkle on toasted sesame seeds for added flavor.