



Scrambled Tofu with Tomatoes, Scallions and Soy Sauce

Eggs are nicely mimicked when you scramble firm tofu with vegetables or grains. The point is not to fool anyone into thinking he is eating eggs, but to create a scramble that is easy and satisfying.

TOTAL TIME 15 minutes.

Ingredients

2 tablespoons olive or organic canola oil

1 1/2 cups chopped fresh tomatoes

Salt and ground black pepper

1 pound firm tofu, drained

1/3 cup sliced scallions

Soy sauce

Preparation

1. Place oil in a deep skillet over medium heat. When hot, add the tomatoes, sprinkle with salt and pepper and cook, stirring occasionally, until their juices release and they begin to dry out slightly, 5 to 10 minutes.
2. Crumble the tofu with your fingers and add it to the pan along with the scallions. Cook, stirring occasionally, until the tofu is heated through and dried out a bit, 5 to 10 minutes. Serve, drizzling with soy sauce at the table. Note: To make Scrambled Tofu With Corn, Tomatoes and Basil, reduce the amount of tomatoes to 1 cup. Substitute 3/4-cup corn kernels for the scallions and stir in some chopped fresh basil before serving. Skip the soy sauce and drizzle with a little more olive oil at the table if you like.

YIELD 4 servings

Compliments of Mark Bittman