

SCRAMBLED TOFU

1 onion, sauteed
14 oz fresh, firm tofu
1 Tb parsley flakes
½ c water
½ tsp lemon juice
¼ c raw cashews
2 tsp onion powder
¼ tsp garlic powder
1/8 tsp tumeric
1 tsp salt

Crumble tofu into fine pieces in a non-stick skillet. Stir in parsley. Heat in the skillet about 10 minutes until dry. Blend remaining ingredients in blender until smooth. Pour over tofu in skillet and scramble over medium heat until desired consistency.

~Makes 4 servings.