



Gail's Recipe of the Month Tofu Scramble

I love this recipe because it's super healthy. It also helps me start the day with a protein rich meal that helps me sustain my energy level throughout the day. And it's cholesterol free! I always try to use organic ingredients whenever possible.

- 1 tablespoon extra virgin olive oil
- 1 medium size yellow onion chopped into ½ inch chunks
- 1 cup shitake mushrooms - chopped
- 2 cloves garlic minced
- 1 lb. extra firm tofu drained
- ¼ cup nutritional (brewers) yeast
- Juice of ½ lemon
- 1 carrot peeled and grated

Spice blend:

- 2 teaspoon ground cumin
- 1 teaspoon dried thyme crushed with your finger
- 1 teaspoon ground paprika
- ½ teaspoon ground turmeric
- 1 teaspoon sea salt

To Prepare:

Heat the oil in a skillet over medium heat. Saute the onions for 3 minutes until soft. Add the mushrooms and sauté for 5 minutes. Add garlic, sauté for 2 minutes. Add the spice blend & mix in for 15 seconds or so. Add ¼ cup water to deglaze the pan, scraping the bottom to get all the garlic & spices mixed in. Crumble tofu (don't crush) and mix well. Allow the tofu to remain chunky. Cook for 15 minutes at low heat. Stir occasionally, adding a little water if necessary to keep from sticking. Add lemon juice and nutritional yeast and blend into the mix. Grate the carrot into the mix. I like to serve this dish with guacamole and salsa and your favorite toast and beverage. Feeds 4 to 5 people.



Gail Etzler serves on the board of directors for the Prostate Awareness Foundation, and has been founder and executive director Ken Malik's partner for nearly twenty years- almost from the beginning of his prostate cancer journey. A breast cancer survivor herself, Gail has experimented over time and has learned how to cook tasty and nutritious prostate and breast cancer friendly vegan dishes. Some recipes contain seafood, a great source of Omega 3 fatty acids. All of her recipes are free of dairy products and low in fat.

*Gail's recipes are posted on her Sustainable Prostate Menu Blog on the PAF website:
www.prostateawarenessfoundation.org*