

## Tofu Scramble

### Ingredients:

- ½ c. onion, chopped
- ½ c. red pepper, chopped or sliced thin
- ½ c. zucchini, sliced
- ½ c. **Prosage**, crumbled
- 1 package extra firm tofu, crumbled
- Salt to taste
- **Sensational seasoning** and summer savory seasoning to taste
- Pinch of turmeric for yellow color

### Directions

1. Fry vegetables and **Prosage** in a little olive oil or vegetable broth.
2. Add crumbled tofu and continue frying until it begins to brown.
3. Add salt and seasonings. Top with fresh cilantro, tomato and enjoy!

### Notes:

To make **Sensational seasoning**, mix ¾ c. nutritional yeast flakes, 1 ½ t. salt, ½ t. each garlic powder, onion powder and parsley flakes and ¼ t. each oregano and basil.

## Roasted Potatoes

4 Russet potatoes (peeled), cut into bite size pieces (3 c.), ½ t. salt, ¼ t. each: onion powder, garlic powder, paprika, Italian seasoning, drizzle of olive oil (opt.) Bake on parchment-lined tray on bottom oven rack at 450° 20 min. until golden brown and done.

### Notes:

A tasty topping for **Tofu Scramble** and **Roasted Potatoes** is one can of S & W Mexican Style Stewed Tomatoes, blended until slightly chunky.

To buy **Prosage**, visit the Adventist Book Center at 19700 Oatfield Rd. Gladstone, 97027 or order online at [abcorders.com](http://abcorders.com), they will be delivering to the Hillsboro area Oct. 15-Nov. 4, check the website for updated info.