

# Healthy Tofu

## Ingredients

250 gm plain firm tofu (scramble with fork)  
1 onion  
1/2 tsp crushed ginger  
1/2 tsp turmeric powder  
1/2 tsp dry roasted cumin seeds grounded  
Green chopped chillies to taste & salt to taste  
1 tbsp chopped fresh coriander  
1 tsp sunflower oil

## Method

Heat oil in non-stick heavy based pan. Add onions and saute till translucent, add ginger and cook for two minutes. Add turmeric, salt, chillies and mix well. Add tofu and mix well. put the lid on and cook on very low flame for 5 minutes. Keep mixing in between. Add cumin powder and fresh coriander. Mix well. Enjoy with chappati made without any added oil and lots of salad.

For variation serve on wholemeal toast. It is good alternative for people who don't eat eggs.