

## Scrambled Tofu

This delicious and eye-appealing dish makes a great centerpiece of a Sunday brunch. If you are in a hurry, eliminate the corn, peppers, and green onions.

Heat the oil in a cast iron or other heavy frying pan over medium-high heat. Add the onion and sauté 3 minutes. Add the red pepper and sauté 2 minutes.

With a sharp knife, cut the kernels from the corn cobs. Add the corn and green onions to the pan, and sauté 1 minute. With your hands, crumble the tofu into the pan, add shoyu to taste, and "scramble" tofu for 5 minutes. Garnish with parsley and, if desired, black sesame seeds. Serve hot.

### Preparation List:

#### **Serves 4**

- 1 tbsp toasted or light sesame oil
- 1 onion, finely diced
- 1/2 red bell pepper, seeded and diced
- 2 ears cooked corn
- 2 green onions, thinly sliced on the diagonal
- 400g fresh tofu
- 1-1 1/2 1/2 tbsp shoyu (to taste)
- chopped parsley for garnish
- toasted black sesame seeds (optional)