



Kaitlyn's Tofu Recipe

Ingredients:

- ½ block of Tofu
- 2 cups yellow, red and orange bell peppers
- ½ cup onions
- 2 tsp. olive oil
- 3 Tbsp. G-Hughes BBQ sauce (your favorite flavor)
- 1 tsp. yellow mustard
- Salt and pepper to taste
- Paprika to taste
- Chili flakes to taste

Directions:

1. Heat olive oil in a saucepan, sauté peppers and onions until soft with a slight char.
2. While peppers are cooking, drain and press out excess water from the tofu.
3. Crumble tofu into the pepper and onion mix after they've cooked, crumbled tofu will look like scrambled eggs.
4. Stir in G-Hughes barbeque sauce, mustard and spices to your liking.
5. Mix thoroughly and sauté another 2-3 minutes until incorporated nicely.
6. Enjoy!

Servings: 1

Each serving: 4-6 oz lean protein, 2 ½ cups Select Vegetables, 2 servings healthy fat, 2 Extras.

Bonus: Serve over crisped cauliflower rice or over Basmati rice during Phase 4!

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