

Sundogs Scramble

Serves 4-ish

Ingredients

1 or 2 links Field Grain Italian Sausage
1 medium onion, diced
1 colored bell pepper (red is nice), diced
1 medium yellow squash, diced
1 medium zucchini squash, diced
1 tsp dried oregano
1 block of firm tofu, drained, pressed lightly, crumbled
salt, pepper, ground cumin, chili powder, garlic powder, turmeric
1 C baby spinach
½ can diced tomatoes, drained -or - a few cherry / grape tomatoes halved
1 C Daiya shredded cheddar cheese

Steps:

1. Slice links in half lengthwise, then across to create ¼” half-moon shaped pieces. Brown in a skillet with about 1T oil per link; remove from pan.
2. Without cleaning skillet, sauté onion, pepper, and squash until just starting to soften.
3. Add oregano and sausage; mix; remove from pan.
4. Without cleaning the skillet, add about 2T neutral oil to the skillet, and ½ t salt. Bring temp to med-high.
5. Sauté tofu, adding salt, pepper, ground cumin, chili powder, garlic powder to taste.
6. When lightly browned, sprinkle some turmeric for color.
7. Add spinach and cheese.
8. Add veggie mixture in and combine well.
9. Cover and put on low to medium-low heat, allowing spinach to wilt and cheese to melt.
10. Allow flavors to combine and mature for 15-20 minutes.

Note:

All of the proportions of ingredients can be adjusted to taste.