

VEGGIE FRITTATA



INGREDIENTS

- 1 cup red bell pepper, chopped
- 1 small onion, chopped
- 1 medium zucchini, cut into ½” cubes
- 2-12 oz pkg Mori-Nu tofu (firm is best but any will do)
- ¼ cup nutritional yeast flakes
- ¼ cup cornstarch
- 1 tsp salt or salt substitute (opt)
- 1½ tsp garlic and herb seasoning (Weber is nice, but others will do. If salt-free adjust the salt to your taste)
- 1¼ tsp Italian seasoning
- ¼ tsp turmeric
- 2 tsp lemon juice
- 1 cup lightly packed chopped spinach

STEPS

- Preheat the oven to 375 degrees.
- In a no-stick skillet over medium heat, dry “roast” the red pepper, onion, and zucchini (or 3 c of vegetables) until the vegetables are tender and most of the liquid from the vegetables is cooked off.
- Put the tofu, nutritional yeast, corn starch, lemon juice, and salt in a blender or food processor and puree until smooth and creamy, stopping occasionally to scrape.
- Add tofu mixture into skillet with vegetables and mix in Italian seasoning, garlic & herb seasoning, and turmeric.
Add the chopped spinach, stir evenly.
- Spray an 8-inch square or round pan with non-stick spray.
- Spread vegetable/tofu mixture evenly into pan.
- Bake for 1 hour.
- Allow to cool a bit before serving. This dish sets up better after being chilled, so if you can make it a day in advance and reheat it, all the better!