



Vegan Frittata with Tofu

Serves: 12 servings

Active time: 45 minutes

Total time: 1 hour

Ingredients

½ cup onion, chopped
¼ cup green, yellow, or red pepper, diced
1 clove garlic, minced, or ½ teaspoon garlic powder
2 tablespoons water
1 small zucchini, sliced
1 cup firm tofu (7-8 ounces)
¼ cup water (omit if soft tofu is used)
½ teaspoon salt or butter-flavored salt
1 rounded teaspoon nutritional yeast flakes
2 teaspoons onion powder
1 teaspoon Bragg Liquid Aminos
2 tablespoons garbanzo flour or corn flour



Directions

- Simmer onion, peppers, and garlic in water for 5 minutes. Add sliced zucchini and cook for 3 more minutes. Remove from heat. Place a shallow, nonstick 8-inch skillet or frittata pan on burner at medium-low heat to preheat.
- Place tofu and remaining ingredients in blender and blend – not necessarily smooth but thick. Stir blended tofu into onion mixture.
- Pour into preheated skillet, smoothing the surface. Cook for 15 minutes or until frittata is almost set. Cover handle with foil, if needed, and place under broiler for about 2 minutes or until top is set and golden.
- Allow frittata to stand for at least 5 minutes before removing from pan. Cut into wedges for serving.

NUTRITIONAL DATA PER SERVING (1 WEDGE): calories 36.20 | fat 1.52g | saturated fat 0.20g | cholesterol 0mg | sodium 123.88mg | carbohydrates 3.03g | fiber 0.65g | sugars 0.91g | protein 3.10g