

# Kitchen Sink Tofu Frittata



PREP TIME

10 mins

COOK TIME

20 mins

TOTAL TIME

1 hr 15 mins



COURSE

Breakfast, Gluten Free



SERVINGS

16 servings

CALORIES

177 kcal

## INGREDIENTS

- 3 cloves garlic
- 1 medium Onion
- 2 medium Bell Pepper
- 3 large white mushrooms
- 1 lb frozen or fresh broccoli
- 4 packages firm or extra firm tofu
- 1 cup Nutritional Yeast
- 2 tsp turmeric
- 2 tsp black (sulfur) salt \*Optional for a more "egg-like" taste
- black pepper To taste
- 4 servings daiya cheddar shreds
- 1 package Yves Canadian Bacon (can use a gluten free mock meat or skip altogether to make gluten-free, but it will change the macros)
- capers \*Optional

## INSTRUCTIONS

1. Preheat oven to 350°F/176°F and spray a 13x9 or other large pan with cooking spray.
2. Preheat a pan on medium heat on stove. Peel and mince garlic and dice vegetables. (Pro tip: Chew minty gum when cutting onions to help prevent tears!)
3. Spritz pan lightly with cooking spray. Add garlic and cook for 1 minute followed by your onion. Cook for another minute.
4. Add peppers, mushrooms and frozen broccoli to the pan. Mix well and let cook for 15-20 minutes, stirring occasionally to prevent them from sticking to the pan.
5. Drain your tofu and place 2 blocks in your blender. Blend until semi-smooth and then empty into a large mixing bowl. Repeat with the other two blocks of tofu.
6. To the mixing bowl of tofu, add nutritional yeast, black salt and black pepper. Mix together well.
7. Add daiya cheddar shreds to tofu mixture and stir.
8. Chop up Yves Canadian Bacon and add to tofu mixture and stir.
9. Add cooked veggies to the mixing bowl and mix everything together. Optional to add capers.
10. Pour mixture into prepared pan and make as level as possible.
11. Bake for 45 minutes, checking around the 30 minute mark. You are looking for a firm, but springy middle and golden color on top. (A half-recipe will take less cooking time.)

## NOTES

The macros are based on the below, specified ingredients. Make sure to account for your own modifications/additions based on whatever veggies, protein or cheese YOU have on hand!

## NUTRITION

### Nutrition Facts

Kitchen Sink Tofu Frittata

#### Amount Per Serving

**Calories** 177      Calories from Fat 60

#### % Daily Value\*

**Fat** 6.7g      **10%**

**Carbohydrates** 10.9g      **4%**

Fiber 3.6g      **15%**

**Protein** 17.1g      **34%**

\* Percent Daily Values are based on a 2000 calorie diet.



**Tried this recipe?**

Let us know how it was!