

Spinach & Mushroom Frittata with Mixed Berries



PREP TIME

30 mins

COOK TIME

1 hr 25 mins

TOTAL TIME

1 hr 55 mins



COURSE

Dinner, Lunch



SERVINGS

7

CALORIES

341 kcal

EQUIPMENT

- 1 Food Processor or Blender
- 1 non-stick skillet
- 1 large baking dish

INGREDIENTS

- 3 blocks firm tofu
- 2 Tbsp olive oil
- 3 small onions diced
- 6 cloves garlic minced
- 3 c mushrooms sliced
- 6 c fresh spinach
- $\frac{3}{4}$ c nutritional yeast
- 1 $\frac{1}{2}$ tsp turmeric powder
- 3 tsp black salt or regular salt
- 1 $\frac{1}{2}$ tsp black pepper
- 1 $\frac{1}{2}$ tsp paprika

- $\frac{3}{4}$ c unsweetened soy milk
- 7 c strawberries
- 3 $\frac{1}{2}$ c blueberries

INSTRUCTIONS

1. Preheat your oven to 375°F (190°C).
2. Crumble tofu into a blender or food processor.
3. In a large, non-stick skillet, heat olive oil over medium heat. Add the diced onions and garlic and sauté until translucent. Add the sliced mushrooms and cook until they release their moisture. Finally, add the spinach and cook until wilted. Remove from heat and set aside.
4. Add nutritional yeast, turmeric, black salt, black pepper, and soy milk to the crumbled tofu in the blender. Blend until smooth.
5. Transfer the blended tofu mixture to a large mixing bowl. Add the sautéed veggies and mix well.
6. Lightly grease one large baking dish. Pour the tofu and veggie mixture into the dish, spreading it out evenly.
7. Place cherry tomatoes on top for added color and flavor.
8. Place the dish in the preheated oven and bake for 40 minutes, or until the frittata is firm and the top is slightly golden.
9. Allow the frittata to cool for a few minutes before slicing.
10. Cut into 7 roughly equal pieces and store in Tupperware in the fridge. This also freezes well.
11. Serve each day with 1 cup strawberries and $\frac{1}{2}$ cup blueberries mixed together on the side.

NUTRITION

Nutrition Facts

Spinach & Mushroom Frittata with Mixed Berries

Amount Per Serving

Calories	341	Calories from Fat	117
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		% Daily Value*	
Fat	13g	20%	
Carbohydrates	32g	11%	
Protein	25g	50%	

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



KEYWORD
gluten free

Tried this recipe?

Let us know how it was!