

EGG-FREE TOFU & MUSHROOM OMELETTE

Gluten- Free & Egg Free

INGREDIENTS

- 1 Extra virgin olive oil (as needed)
- 1 Onion (small) (diced)
- 6 Mushrooms (chopped)
- Half Red pepper (seeded) (chopped)
- 6 oz Tofu (extra firm)
- 1/4 C Nutritional yeast flakes
- 3 T Gluten-Free flour
- 2 T Soy milk or Almond Milk
- 1/2 t Turmeric
- 1/4 t Paprika
- 1/4 t Pepper
- Dash Salt
- 1 - 2 T Vegan cheese (shredded) (optional) (KW has several recipes - see our recipe directory)



DIRECTIONS

- 1 Heat olive oil in a saute pan
- 2 Saute the onion, mushrooms & red pepper
- 2 In a bowl, mix together the tofu, yeast flakes, flour, soy milk, turmeric, paprika, pepper & salt until it's a thick (thicker than a normal omelette batter) & creamy paste
- 3 You may need to add additional soy milk to get the pasty consistency you need because you don't want a runny batter
- 4 Heat olive oil in a saute pan & scoop the batter making sure to flatten it out with a spatula
- 5 Leave the 'pancake' this size or separate it into 2 smaller omelettes
- 6 Cook for 5- 6 minutes & then flip
- 7 When it's golden brown & slightly crunchy, it's done
- 8 If you opt to use the vegan cheese, place the omelette with the vegan cheese on top of it under the broiler to help it melt

