



Recipes

Tofu

Italian Tofu Frittata

Prep and Cook Time: 30 minutes

Yield: 4 servings

Ingredients:

- 1 cup onion, chopped fine
- 4 cloves garlic, minced
- 1 cup zucchini, diced
- 1 cup red bell pepper, diced
- 2 cups finely chopped kale (remove stems)
- 1 cup chopped fresh tomato
- ¼ cup chicken or vegetable broth
- 2 TBS red wine vinegar
- 5 oz firm tofu, drained
- 3 organic egg whites, plus one whole egg
- 1 tablespoon dried Italian seasoning
- 1/2 teaspoon turmeric
- salt and pepper to taste
- 2 tablespoons chopped fresh parsley

Directions:

1. Chop onions and garlic and let sit for 5 minutes.
2. Prepare rest of vegetables.
3. Pureé tofu with egg mixture, Italian seasoning, and turmeric in blender.
4. In 10-inch stainless steel pan, heat 2 TBS broth. When broth begins to steam add onion, garlic, zucchini, bell pepper, kale, and tomato and sauté for about 1 minute over medium low heat, stirring often.
5. Add 1/4 cup broth and red wine vinegar. Pour tofu mixture over vegetables, cover and cook over low heat until mixture is completely firm and cooked, about 12 minutes. Top with chopped parsley.