



# Recipes

## Fish

### Breakfast Scramble

*Prep and Cook Time: 20 minutes*

*Yield: 4 servings*

**Ingredients:**

2 tablespoons extra virgin olive oil  
3 cloves garlic, minced  
1 onion, chopped  
8 oz. slice mushrooms  
2-3 cups cooked white beans  
1/2 teaspoon turmeric  
1/4 teaspoon crushed red pepper  
1 large tomato, chopped  
1 handful fresh basil, chopped  
Sea salt and pepper to taste  
Nutritional yeast to sprinkle on top

**Directions:**

1. Heat oil over medium-low heat in a large skillet. Add garlic and cook until just golden. Add onions, cook until translucent.
2. Add mushrooms and cook until softened.
3. Add beans. Using a fork, mash about 50% of the beans. Leave the rest in tact.
4. Stir in the turmeric, red pepper, tomato and basil. Add sea salt and pepper to taste. Serve with a sprinkle of nutritional yeast on top.