

# Cauliflower Scramble

Source: Dustin Harder of @theveganroadie

## About the Recipe

**128 Calories · 9 g Protein · 7 g Fiber**  
**Breakfast**

## Ingredients

***Makes 4 Servings***

- 1 tablespoon (15 mL) olive oil (see oil-free option below)
- 1 onion, chopped
- 1 red bell pepper, diced
- 1 8-ounce package sliced cremini or baby bella mushrooms
- 1 head cauliflower, roughly 4 cups (475 g), cut into bite-size florets
- 1/2 cup (118 mL) low-sodium vegetable broth
- 1/4 cup (20 g) nutritional yeast
- 3/4 teaspoon ground turmeric
- 1 teaspoon kala namak
- 1/2 teaspoon ground black pepper
- 1 Avocado
- Salsa, store-bought or Universal Meals

## Directions

1. Heat the oil in a large skillet fitted with a lid over medium heat. Add the onions, pepper, and mushrooms and saute 6 minutes until mushrooms have reduced in size by half. Add the cauliflower and vegetable broth and put a lid on the skillet. Cook for 8 minutes until the cauliflower is tender. Remove the lid, turn the heat to low, and mash the cauliflower with a fork or potato masher to break into smaller pieces until it resembles a scramble.

- taste.

*Per Serving:*

**Total Fat: 5 g**

**Saturated Fat:** 1 g

**% Calories From Fat: 33%**

**Cholesterol:** 0 mg

**Protein: 9 g**

**Carbohydrate: 17 g**

**Sugar: 6 g**

**Fiber:** 7 g

**Sodium:** 595 mg

**Calcium:** 44 mg

**Iron:** 2 mg

**Vitamin C: 113 mg**

**Beta-Carotene:** 476 mcg

**Vitamin E: 1 mg**