

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.

