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

 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.

- 2. Add the nutritional yeast, turmeric, kala namak, and black pepper and mix until well combined and the cauliflower has turned yellow. Add more kala namak, to taste.
- 3. Let sit for 5 minutes for any remaining liquid to absorb. Divide among serving bowls and top with avocado and salsa, if using. OIL-FREE: Omit the oil and saute the vegetables in 2 tablespoons water or low-sodium vegetable broth; add more liquid as needed. NOTES: Add or swap out vegetables to your liking; swap out for equal amounts or add additional when sauteing vegetables initially. This scramble is also great for breakfast tacos or burritos.

Nutrition Facts

Per Serving: **Calories:** 128 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 q Sodium: 595 mg Calcium: 44 mg Iron: 2 mg Vitamin C: 113 mg Beta-Carotene: 476 mcg Vitamin E: 1 mg