

Ferraro's Cucina

Vegan Vegetable Frittata

Ingredients

- 1 tbsp **Olive Oil** or 1/4 cup **Water**
(for water saute)
- 2 **Medium Potatoes** (diced)
(with or without the skin)
- 1 **Small Onion** (diced)
- 1 **Bell Pepper** (diced)
- 1 **Zucchini** (diced)
- 2 **Cloves Garlic** (minced)
- 1 handful **Grape Tomatoes**
(1/2s or 1/4s)
- pinch of **Red Pepper Flakes**
(optional)
- Mineral Salt** and **Pepper** (to taste)
- 1 package (16 oz) **Organic Silken Tofu**
(soft or firm, drained)
- 1/2 cup **Unsweetened Non-Dairy Milk**
- 2 heaping tsp **Cornstarch**,
Arrowroot or **Tapioca Flour**
- 2 – 3 tbsp **Nutritional Yeast**
- 1 tsp **mustard** (any kind) or
1/2 tsp **Mustard Powder**
- 1 1/2 tsp dried **Tarragon**,
Thyme or **Basil** (or a combo)
- 1/2 tsp **Garlic Powder**
- 1/2 tsp **Salt**
- 1/4 tsp **Turmeric**
- 1/8 tsp **Pepper** (black or white)



Preparation

- Preheat oven to 375 degrees F.
- Heat oil in a pan over medium heat, saute potatoes for 5 minutes, add onion and cook an additional 5 minutes. Add bell pepper, zucchini and garlic, cook until softened. Add tomatoes and optional red pepper flakes, cook another minute or two. Season with salt and pepper to taste.
- In a food processor/blender, combine tofu and the remaining ingredients and process until smooth. Taste for seasoning.
- Add the tofu mixture to the pan with the cooked vegetables and mix well.
- Spoon mixture into a lightly greased 9 inch round pie/quiche dish or springform pan. Level the top flat with the back of a spatula or spoon and make sure all edges are filled.
- Place on the middle rack and bake for 35 – 45 minutes Frittata should be firm to the touch. If top starts to brown too much, cover with foil or small silpat.
- Remove and let cool for at least 10 minutes. If using a pie/quiche dish, loosen the edges of the frittata, place a plate over top and carefully flip so frittata falls onto the plate and serve (this step is optional).
- Serves 4 – 6



*We have all the fresh ingredients for this recipe!
Follow Us to find future recipes*



ferrarofoods



myferrarofoods

