

Kale and caramelized onion tofu frittata

This savory, show-stopping main dish is sure to please herbivores and omnivores alike. It's wonderfully light yet satisfying enough to hold its own, and it's packed with plant-based protein and vitamins.

Serves 4

Ingredients

- 14 oz. package firm or extra-firm tofu
- 3 tbsp. olive oil, divided use
- 2-3 cloves minced garlic
- 3 packed cups roughly chopped kale
- ½ of a large onion (or one small onion), sliced thin
- 2 tsp. apple cider vinegar
- Salt and pepper (to taste)
- ¼ tsp. cayenne pepper (or red pepper flakes)
- 3 tbsp. nutritional yeast
- 1 tbsp. dried basil
- 2 tbsp. capers

Directions

- 1) Preheat the oven to 400 degrees F. Lightly grease a 9" or 10" pie dish or tart pan.
- 2) Drain the tofu as well as you can and pat it dry with a clean towel. No need to press it for this recipe 😊
- 3) Heat 1 tbsp. olive oil in a medium sauté pan. Once hot, add garlic and cook for about 30 seconds, or until fragrant. Add kale, salt, and pepper and cook over high heat, stirring frequently, for about 5 minutes, or until tender but not mushy. Transfer to a medium bowl and set aside.
- 4) In the same pan that you used to cook the kale, add 1 tbsp. olive oil. Once hot, add onion, vinegar, salt, and pepper. Cook over medium-high heat for 10-15 minutes, or until the onions are browned and tender and the vinegar has evaporated. Add the onions to the same bowl that the kale is in.
- 5) In a food processor, puree the tofu with the cayenne, 2 tbsp. of the nutritional yeast, dried basil, salt, and pepper. Add this mixture to the bowl that the kale and onions are in.
- 6) Stir the capers into the bowl and mix everything together until combined.
- 7) Pour frittata mixture into prepared pie dish or tart pan and spread into an even, flat layer. Sprinkle the remaining tablespoon of nutritional yeast over the top and drizzle with remaining 1 tbsp. of olive oil.
- 8) Bake for about 25 minutes, or until the top is golden and the sides have started to pull away from the sides of the pan. Allow to cool for about 10 minutes before slicing (the frittata firms up a bit more as it cools).



