

Mushroom and herb tofu frittata

Serves 4

Ingredients

- 2 tbsp. olive oil, divided use
- 2 shallots, thinly sliced (or ½ of a thinly sliced red onion)
- 12 oz. button mushrooms, thinly sliced
- 2 tsp. minced garlic
- ½ tsp. red pepper flakes
- 6 oz. sliced baby bell peppers (or finely chopped regular bell pepper)
- 1/3 cup olive oil-marinated sun dried tomatoes, chopped
- 2 tsp. finely chopped oregano
- 2 tsp. finely chopped rosemary
- 1-2 tsp. chopped thyme
- 14 oz. firm tofu, drained and pressed
- 2 tbsp. nutritional yeast
- 2 tbsp. za'atar (a middle eastern seasoning made of sesame seeds, thyme, sumac, and salt)
- 1 tbsp. whole grain mustard (or Dijon mustard)
- ¾ tsp. salt
- Pepper to taste



Directions

- 1) Heat 1 tbsp. of the olive oil in a sauté pan. Add shallots and cook for 1-2 minutes, until slightly softened. Add mushrooms, garlic, red pepper flakes, and bell peppers and cook over high heat for 5-10 minutes, or until all veggies are softened and golden brown. Stir in the sun-dried tomatoes, oregano, rosemary, and thyme and cook for another 2 minutes, or until the herbs are softened.
- 2) Preheat the oven to 375 degrees. Grease a 9" pie pan or 10" tart pan.
- 3) In a food processor, puree tofu with nutritional yeast, remaining 1 tbsp. olive oil, za'atar, mustard, salt, and pepper until smooth.
- 4) Stir tofu mixture into veggie mixture and spread in an even layer in tart or pie pan. Bake for 30-35 minutes, or until golden brown and firm. Let set for 5-10 minutes before slicing.