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 **optional*
- Salsa, store-bought or Universal Meals **optional*

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.

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 g
Sodium: 595 mg
Calcium: 44 mg
Iron: 2 mg
Vitamin C: 113 mg
Beta-Carotene: 476 mcg
Vitamin E: 1 mg