

# SPINACH, MUSHROOM & TOFU OMELET

Serves 1 • Prep Time: 5 mins • Ready in 20 mins



### Directions

1. Crack the eggs, add nutritional yeast, onion, garlic, and salt in food processor. Blend the mixture until smooth and well combined. Add the cornstarch and flour and pulse to combine. Heat a large non-stick skillet over medium-high heat and lightly grease with cooking spray.

2. Pour about 1/2 cup of the batter into the skillet and spread to about 8 inches wide. Cook for 1 1/2 minutes with the top to dry then flip and cook for another minute. Transfer the omelet to a plate and top with the remaining batter. Heat the oil in a small skillet over medium heat.

3. Add the onion and mushroom and cook for 2 minutes until the onion is translucent. Stir in the spinach and cook for 1 1/2 minutes more until spinach is just wilted. Drain the spinach, onion, and mushroom mixture, wring the excess and serve hot.

### Ingredients

- 1/4 cup onion (finely dice)
- 2 Tbsp of nutritional yeast
- 2 Tbsp of garlic
- 1 1/2 Tbsp of olive oil
- 1 Tbsp of salt
- 1/2 Tbsp of onion
- 1/4 Cup of organic ground flax
- 1 Tbsp of cornstarch
- 1 Tbsp of ground flx
- 1/2 small onion
- 1 Cup of mushroom slices
- 2 Eggs of spinach

**TOTAL CALORIES: 411**  
**Protein: 14g**  
**Carbs: 24g**  
**Fats: 18g**

# SPINACH, TOFU & TOMATO SCRAMBLE

Serves 1 • Prep Time: 10 mins • Ready in 10 mins



### Directions

1. Slice onion and tomato gently.

2. In a large pan over medium-high heat, sauté onion with oil until soft for 7-8 minutes. (Use about 1 Tbsp water/veggie broth to avoid burning.)

3. Meanwhile, remove portion of the excess liquid from tofu. Then crumble into and chop tomatoes.

4. Add garlic to the pan, and cook for 30 seconds.

5. Add crumbled tofu, and tomato. Reduce heat to medium and cook about 10 minutes, stirring occasionally. (Some may wish to be better but really normal.)

6. While the tofu is cooking, add the onion, peas, and tomatoes in a small bowl.

7. Add 1 Tbsp water, and stir to combine.

8. Add peas/onion and nutritional yeast to the pan. Stir well to combine.

9. Add spinach, stir and cook another 2 minutes until spinach is wilted. Add salt if needed.

### Ingredients

- 1 Tsp onion (finely minced)
- 1 Small Onion (chopped)
- 2 Tablespoons
- 1/2 Cup onion (chopped tomatoes)
- 1 Tsp garlic
- 1 Tsp minced garlic
- 1/4 cup tomatoes, (mince or diced)
- 1/4 cup nutritional yeast (use the brand)
- Large handful baby spinach (or more)
- 2 grams of salt for taste

**TOTAL CALORIES: 226**  
**Protein: 17g**  
**Carbs: 21g**  
**Fats: 27g**

# The Only Hand A Cookbook

**Annelies Wilder-Smith**



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