

## SPINACH, MUSHROOM & TOFU OMELET

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



### Directions

1. Combine the garlic, oil, 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 4 inches wide. Cook for 1 to 2 minutes until the top is dry. Turn 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 to 2 minutes more until spinach is just wilted. Divide the spinach, onion, and mushroom mixture among the omelets 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 corn
- 1/4 Cup of organic coconut flour
- 1 Tbsp of cornstarch
- 1 Tbsp of ground flx
- 1/2 small onion
- 1 Cup of mushroom slices
- 2 Cups of spinach

**TOTAL CALORIES: 411**  
**Protein: 14g**  
**Carbs: 54g**  
**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 mixture from heat. Add the tofu, then scramble into and then combine.

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

5. Add scrambled tofu and tomato. Reduce heat to medium and cook about 10 minutes, stirring occasionally. (Some may wish to be sautéed for extra crunch.)

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

7. Add 1 Tbsp water and mix to combine.

8. Add peas/onions 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 olive (for oil) (optional)
- 1 Small Onion (chopped)
- 2 Garlic Cloves
- 1/2 Cup onion (chopped) (optional)
- 1 Tsp salt
- 1 Tsp minced garlic
- 1/4 cup tomatoes, (min or frozen)
- 1/4 cup nutritional yeast (I use the brand)
- Large handful baby spinach (or more)
- 2 grams dried for taste

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

# The Only Hand A Cookbook

**SB Merriam**



## **The Only Hand A Cookbook:**

## Whispering the Strategies of Language: An Mental Journey through **The Only Hand A Cookbook**

In a digitally-driven earth where displays reign supreme and instant interaction drowns out the subtleties of language, the profound secrets and emotional nuances concealed within words usually get unheard. Yet, nestled within the pages of **The Only Hand A Cookbook** a captivating fictional treasure sporting with organic thoughts, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, that charming opus encourages viewers on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the very material of every word. Within the emotional depths of this moving evaluation, we can embark upon a genuine exploration of the book is core subjects, dissect their charming publishing type, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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