

Breakfast Cauliflower Scramble FOK

Swick

Serves 6 | Active Time: 15 minutes | Total Time: 30 minutes

Step 1: Making the Scramble

- 1 med red onion, small dice
- 1 med red bell pepper, seeded small dice
- 1 med green bell pepper, seeded and small dice
- 2 cups mushrooms, sliced
- 1 lg head cauliflower, cut into small florets, or two 19-ounce cans Jamaican ackee, drained and gently rinsed
- sea salt, to taste
- ½ tsp freshly ground black pepper
- 1½ tsp turmeric
- ¼ tsp cayenne pepper, or to taste
- 3 cloves garlic, minced
- 1 to 2 tbsp low-sodium soy sauce
- ¼ cup nutritional yeast

In sauté pan on medium to high heat, add the onions, peppers and mushrooms to the pan, moving around the pan allowing the sugars to be released until the onions are slightly golden and translucent, about 3-4 minutes. Add 1/4 cup water or vegetable stock to deglaze and pick up those sugars to caramelize onions.

Add the cauliflower and cook for 5 to 6 minutes, or until the florets are tender. Add the sea salt, black pepper, turmeric, cayenne pepper, garlic, soy sauce, and nutritional yeast to the pan and cook for 5 minutes more stirring frequently, or until hot and fragrant.