

Tofu Frittata

Vital Vittles Cookbook
by Heather Leno

3 med- new red potatoes (1 lb.)

COOK, PEEL & CUT into ½" chunks.

1T. olive oil
1 small onion, chopped
2 cloves garlic, minced
½ sweet red pepper*, chopped
½ sweet yellow pepper*, chopped
3 green onion, ¼" slices

SAUTÉ garlic and onion in oil.
ADD peppers and green onion.
STIR FRY for 1-2 minutes.
ADD potato.
STIR FRY just until peppers are tender- crisp.

16 oz. block regular tofu

RINSE and **DRAIN**.

½ c. water
½ c. raw rinsed cashews
2 T. cornstarch
2 t. yeast flakes
1 T. lemon juice
1 T. McKay's Chicken Seasoning
1½ t. salt
½ t. onion powder
½ t. dried basil
OR 1 T. minced fresh

WHIZ in blender until cashews are smooth as cream.
ADD tofu to blender and blend smooth again--this may require stopping and using a spatula to scrape the sides from time to time.
ADD seasoning on low just to mix, not to blend.
COMBINE with potato mixture.
POUR into well-sprayed 9-inch round casserole.
BAKE 50-60 minutes at 350 degrees, until center feels firm.

Sour Cream Substitute
Salsa

INVERT over serving platter.
Serve with fresh tomato salsa and a dollop of sour cream substitute, opt.

Other vegetables may be substituted for the peppers.