



Makes 6 Servings
Cook Time: 30 minutes

INGREDIENTS:

1 red onion, peeled and cut into
½-inch dice

1 red bell pepper, seeded and
cut into ½-inch dice

1 green bell pepper, seeded and
cut into ½-inch dice

2 cups sliced mushrooms (from
about 8 ounces whole
mushrooms)

1 large head cauliflower, cut into
florets, or 2 (19-ounce) cans
ackee, drained and gently rinsed

Sea salt

½ teaspoon freshly ground black
pepper

1½ teaspoons turmeric

¼ teaspoon cayenne pepper, or
to taste

3 cloves garlic, peeled and
minced

1 to 2 tablespoons low-sodium
soy sauce

¼ cup nutritional yeast
(optional)

Breakfast Scramble

There are many very good recipes for scrambles, but most call for tofu. In this recipe, cauliflower takes the place of the tofu—with delicious results.

From *Forks Over Knives - The Cookbook*

By Del Sroufe

- 1 Place the onion, red and green peppers, and mushrooms in a medium skillet or saucepan and sauté over medium-high heat for 7 to 8 minutes, or until the onion is translucent. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan.
- 2 Add the cauliflower and cook for 5 to 6 minutes, or until the florets are tender.
- 3 Add the salt to taste, pepper, turmeric, cayenne, garlic, soy sauce, and nutritional yeast (if using) to the pan, and cook for 5 minutes more, or until hot and fragrant.