



Makes 1 (8-inch) frittata
Cook Time: 1 hours 15 minutes

INGREDIENTS:

1 (14-ounce) package firm tofu,
drained and crumbled (2 cups)

¾ cup aquafaba

¾ cup unbleached all-purpose
flour or brown rice flour

2 tablespoons chickpea flour

2 tablespoons nutritional yeast
(optional)

1½ tablespoons mild miso

1 tablespoon garlic powder

1 tablespoon onion powder

¼ teaspoon turmeric

¼ teaspoon black salt (optional)

¼ teaspoon crushed red pepper
flakes

1 medium Yukon potato,
scrubbed and cut into ½-inch
dice (2 cups)

1 medium red bell pepper, cut
into ¼-inch dice (1½ cup)

2 medium zucchinis, cut into
½-inch dice (2 cups)

8 scallions (green and white
parts), thinly sliced (about 1
cup)

¼ cup fresh cilantro, finely
chopped

Tofu and Veggie Frittata

What makes this tofu and veggie frittata so fluffy? In a word, **aquafaba**, that thick liquid you see on top when you open a can of chickpeas. I try to make **aquafaba from scratch** whenever possible, but the quickest and easiest way is to use the liquid from canned chickpeas. The liquid is often used in vegan baked goods as an egg substitute since its texture and composition of starches and protein make it useful for thickening, binding, emulsifying, and foaming—and it's great in recipes that need a little fluff. This vegetable frittata puffs up nicely and is chock full of vegetables. Enjoy!

Chef's tips:

- Black salt, or kala namak, is used extensively in Indian and other Asian cooking and its sulfuric smell resembles eggs. You can find it any Indian grocery store, but you can also substitute sea salt.
- You can use the liquid from canned or boxed chickpeas or other beans, or you can **make your own**.
- To make this gluten free, replace the all-purpose flour with brown rice flour.

By Darshana Thacker Wendel

- 1 Preheat the oven to 325°F.
- 2 Combine the tofu, aquafaba, flours, nutritional yeast, miso, garlic powder, onion powder, turmeric, black salt, and red pepper flakes in a food processor. Pulse into a batter.
- 3 Add the potatoes and bell pepper to a skillet and sauté over medium heat until the potatoes are cooked, about 10 minutes. Add 1 to 2 tablespoons of water if needed to prevent the vegetables from sticking to the pan.
- 4 Add the zucchini, scallions, and cilantro and mix well. Cook until the vegetables are tender and all the liquid has evaporated, about 5 more minutes.
- 5 Spread the vegetables into the bottom of an 8-inch pie dish.
- 6 Pour the batter over the vegetables. Stir lightly to allow the batter to mix with the vegetables.
- 7 Bake for 60 minutes, until the top of the frittata browns a bit. Remove from the oven and let it cool for a few minutes. Slice and serve warm.