

RECIPE OF THE WEEK | Oyster Mushroom Frittata

This frittata uses tofu to create a smooth and creamy protein packed base!

Ingredients

12 ounces extra-firm tofu
1/2 teaspoon ground turmeric
1/2 teaspoon sea salt
2 small red potatoes, diced
2 cloves garlic, minced
1 bunch spinach, chopped
6 green onions, sliced
Nonstick cooking spray
1 cup chopped oyster mushrooms

Directions

Preheat the oven to 375°F.

Place the tofu into a blender and add the turmeric and 1/4 teaspoon of the salt. Blend until smooth.

Cook the potatoes in a sauté pan over medium heat with a very thin layer of water until they are only slightly softened, about 5 minutes. Add the garlic, spinach, and green onions and cook until the spinach has wilted, about 3 minutes.

Add the mixture to the blended tofu and divide the mixture between a pair of ramekins or an ovenproof skillet. Cover with foil and bake for 25 minutes.

While the frittata is in the oven, toss the mushrooms with the remaining 1/4 teaspoon salt. Coat a sauté pan with cooking spray (or use a nonstick pan) and heat over high heat; add the mushrooms and sear them until they turn brown and slightly crisp, 4 to 5 minutes. Once the frittata comes out of the oven, top it with the oyster mushrooms and serve.

Per Serving: 173 calories; 5 g fat; 28% calories from fat; 12 g protein; 22 g carbohydrates; 3 g sugar; 4 g fiber; 167 mg sodium

Source: [Power Foods for the Brain](#) by Neal D. Barnard, M.D.; recipe by Jason Wyrick.

Please feel free to tailor PCRM recipes to suit your individual dietary needs.