



## ***Dr. Ruby's Vegan Frittata***

*By Ruby Lathon, PhD*

### **Base Ingredients:**

- 2- 3 medium organic potatoes, thinly sliced, with a mandolin or slicer preferred, unpeeled
- 10 ounces organic silken tofu, drained and pressed (can sub 1.5 cups of soaked cashews)
- 5 tablespoons nutritional yeast
- 1/4 cup gluten free tamari or coconut amino
- 2 cups organic spinach, chopped
- 1 large onion, thinly sliced
- 5 green onions, chopped
- 6 cloves garlic
- 1 teaspoon sea salt
- 1 teaspoon paprika
- 1/2 teaspoon cracked pepper
- 2-3 tablespoons coconut oil

### **Directions:**

1. Preheat oven to 350° F.
2. In large skillet sauté sliced onion (not green onion) and garlic in water for 1-2 minutes.
3. Add a small amount of coconut oil and add sliced potatoes stirring occasionally for about 6-8 minutes until potatoes are slightly browned.
4. While potatoes are cooking, add tofu, nutritional yeast, garlic, tamari, paprika, sea salt and pepper to a blender. Mix until smooth and well blended. Sauce will be thick but pourable.
5. Add spinach, green onions and sauce to the skillet (heat turned off) and mix gently.
6. Transfer all potatoes to an oiled glass backing dish.
7. Bake at 350° F for 45 minutes. Let cool slightly and serve. Serving Suggestion: Serve with a spinach/red onion salad.