

PERFECT VEGAN OMELET

- 1 Block FIRM tofu, (NOT silken) drained
- 2 Tbsp prepared yellow mustard
- 1/3 C Daiya mozzarella style cheese
- 1 Tbsp vegan butter
- 3 C veggies for omelet (I used onions, mushrooms and bell peppers)
- Salt, pepper and garlic powder to taste (optional)

In a food processor fitted with an S blade, process the tofu until smooth, stopping several times to scrape the sides and push clumps down. Add mustard and process again until it is a faint yellow color. Add the Daiya and pulse until just combined and slightly chopped...you don't want chunks of 'cheese' but you don't want to pulverize it so much that it doesn't do its job to bind.

Now you can do both the omelet and veggies at the same time like I did, but if you suck at multitasking in the kitchen, do your veggies first and set the tofu mix aside until ready to cook. 😊

Heat vegan butter in a skillet over medium heat. Add your veggies and cook about 8-10 minutes until softened. Remove from heat.

Now here's the fun part: Coat an omelet pan with non-stick cooking spray and turn the heat to medium-high. Before it starts smoking (Cancer alert! No smoking oil!) *but* is hot, add 1/3 C of the tofu mix. It won't fall and spread like an egg does. It will fall into a pile. Use a spatula to spread it out to cover the pan. Holes will come through from the heat, but gently use your spatula to move the 'egg' to cover the holes until it's a solid circle. I promise, once you start, it's easy...it's just fair warning that you're not going to pour it into the pan and have it spread like a normal omelet would.

Allow it to sit there and cook over med-high heat (about 6-7 on an electric stovetop) for about 8 minutes. Using a spatula, you can test the sides to check that it's ready...when it's not liquid any more and more pancake-like as far as 'flipability' goes, lol. When it's done, pile your veggies onto one side of it. Then, using your spatula, carefully flip the other side over onto the veggies. Cook for an additional 2-3 minutes while the tofu mix covers and cooks into your veggies.

Voila! I swear...It's divine!! Try it!