



# breakfast scramble

SERVING: 1

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## INGREDIENTS

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- 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)



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## DIRECTIONS

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- Sauté onion, red and green peppers, and mushrooms in a skillet over medium-high heat for 7-8 minutes. Add a bit of water if needed to prevent sticking.
- Add cauliflower and cook for 5-6 minutes until tender.
- Season with salt, pepper, turmeric, cayenne, garlic, soy sauce, and nutritional yeast (optional). Cook for an additional 5 minutes until hot and aromatic.

Calories	Carbs	Protein	Fat	Fibers
300	45	15	2	12