

## Fried Eggs – Vegan Side Up



This simple recipe recreates the taste and texture of fried eggs without the actual eggs. Making eggs from plants can be so simple, some might even say it is “over easy.”

Try making just the “egg yolk” and drizzling it over other dishes, such as hash browns and burritos (and try not to get addicted).

4 Tbsp vegan butter, melted  
8 grape tomatoes  
½ cup water  
¼ cup plant-based milk  
4 Tbsp nutritional yeast  
1-2 tsp corn starch  
½ tsp turmeric  
½ tsp black salt  
1 block tofu

### 1. Prepare “Egg Yolk”:

In blender combine butter, tomatoes, water, milk, nutritional yeast, corn starch, and turmeric. Blend until completely smooth (about 3 min on high).

Pour mixture into a pan and heat for 3-5 min over medium heat, stirring often until thickened.

### 2. Prepare “Egg Whites”:

Cut tofu into 4 even square slices. Pan fry tofu on hot griddle or frying pan using a bit of oil if pan is not non-stick. Season as desired.

### 3. Serve:

When ready to serve, add black salt to “egg yolk” mixture and stir, then pour over fried tofu.

Recipe adapted from: Recipe adapted from:  
<https://www.hotforfoodblog.com>.