

Tofu Breakfast Bake



Breakfast meals can be a lot of work to prepare, and many of us don't have a lot of time in the mornings.

The desire for a satisfying breakfast that requires little time in the kitchen is what inspired this quick and easy recipe. This recipe makes the perfect amount to feed a family of 4 with occasional leftovers.

20 oz Frozen Hashbrowns
1 block of tofu, cubed
1 bell pepper, chopped
¼ onion, chopped
1 cup fresh spinach
¼ cup Nutritional Yeast
2 Tbsp Everything But the Bagel seasoning
Spices to taste (garlic, pepper, salt, black salt, etc.).

Combine all ingredients in a large bowl and mix well.

Spread mixture onto baking sheet and bake at 400° for about 20 min, until edges are crispy and starting to brown.

Serve with your favorite toppings such as salsa, green chile, or homemade vegan “egg yolk.” This breakfast bake can also be wrapped in a tortilla for a delicious breakfast burrito.

Recipe by Mickey Quintana