

# Spring Garlic Mustard & Dandelion Greens Vegan Frittatas

## Ingredients

- 8 oz. firm tofu, drained
- 1  $\frac{3}{4}$  cup chickpea flour (aka besan)
- $\frac{1}{4}$  cup olive oil
- $\frac{1}{4}$  cup nutritional yeast
- 2 tbsp. apple cider vinegar
- 1 tbsp. soy sauce
- 1 tsp. garlic powder
- $\frac{1}{4}$  tsp. turmeric powder (optional, for color)
- Salt and pepper, to taste
- 1 clove garlic, minced
- $\frac{1}{2}$  small onion, diced
- 2+ cups of freshly picked, washed, and chopped wild greens, such as garlic mustard, dandelion greens, wild garlic, chickweed, stinging nettles, etc.
- Vegetable oil, for cooking.

## Steps

1. Preheat the oven to 375°F (190°C). Use vegetable oil to grease 12 muffin tins, and set aside.
2. Add the tofu, chickpea flour, olive oil, nutritional yeast, vinegar, soy sauce, garlic powder, turmeric, salt and pepper, along with 1 cup water to a blender and blend until smooth. Scrape down the sides and blend again, before transferring to a mixing bowl and setting aside.
3. Heat a little oil on medium heat in a medium-sized skillet, and add the minced garlic. Sauté for a minute until fragrant, then add your diced onions. After that has cooked for another minute or two, add your wild greens. Sauté, stirring often, for just a couple minutes until the greens have wilted and lost water, then remove from the heat. Add the cooked greens directly to the chickpea batter, and fold to mix.
4. Divide the batter evenly between the 12 greased muffin tins. Place in the oven and cook for about 30 minutes, until the tops of the frittatas are semi-glossy and starting to crack, and they feel fairly sturdy when you gently press down on them. Remove from the oven and serve.



*Suggested Variations:*

- 1. When sautéing the garlic, add the roots of 3-4 garlic mustard plants, well cleaned and minced, for a delicious horseradish bite.*
- 2. Add chunks of vegan cheese to the frittatas for delicious melty goodness.*
- 3. If you are only able to find a small amount of foraged greens, or would rather not use foraged greens, substitute store bought options such as spinach, parsley, basil, kale, or other greens and herbs.*