

NATURE'S



FOOD PATCH

Market & Café

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Vegan Homestyle Brunch 4/16 - Brad Myers, <https://www.facebook.com/TheVegabondChef>

Home Fries

8 Potatoes, peeled & cubed (1cm)
4 Small Onions
1T Veggie Pepper
1T Italian Herbs

Steam potatoes for 10 minutes then remove from heat & allow excess water to drain. Heat a medium skillet with a couple tablespoons of olive oil. Peel and quarter the 4 small onions and toss in the skillet. After the onions are translucent add the par-cooked potatoes. Sauté for about 10 minutes and add veggie pepper, Italian herbs and salt to taste. Rather than stir the potatoes, let them brown and flip them, then allow for other side to brown for approximately 20 minutes total.

Tofu, Spinach & Mushroom Scrambles

2 Packages Firm Tofu
8 White Mushrooms
¼ Large Sweet Onion
1T Oat Flour
2T Nutritional Yeast
1T Turmeric
2t Golden Flax Powder
1t Chili Powder
1t Onion Powder
½ t Cumin
Handful of Spinach, Chopped
¼ C Daiya Cheese
1-2T Coconut Milk
Salt to taste

Drain tofu and press out excess water. Finely dice sweet onion and white mushrooms. Sauté them on medium/medium-high until clear and add tofu. After about 7 minutes add turmeric, cumin, chili powder, onion powder, salt, and flax & oat flour. Stir, then add coconut milk. After 7 more minutes add chopped spinach and nutritional yeast. With just a couple minutes remaining, add Daiya cheese and raise the temp to medium-high to high. Brown one side and then flip. Approximately 25 min total. YUM!