



## BREAKFAST ZUCCHINI AND ONIONS

### (with fried eggs on top)

By Dr. Cindy Tanzar  
(Standard)

Looking for a breakfast vegetable that doesn't have a strong flavor? Zucchini may be your answer. Learning to eat vegetables at breakfast can be difficult for some people, especially if they are strong tasting. Zucchini is very mild and can easily take on the flavor of other things added to the dish. One of the best ways to enjoy this vegetable for breakfast is to top your serving with two fried over-easy or over-medium eggs (see NOTES). To make breakfast even quicker, make extra zucchini for dinner and just heat it up in the morning.

Makes 4 servings. One serving of this recipe is one cup and covers your vegetable and fat for one meal. Adding two eggs will cover your protein.



### INGREDIENTS

- 1 Tbsp Kerry Gold butter
- 1 Tbsp olive, avocado or coconut oil
- 1 lb. zucchini (about 2-3 medium), sliced in coins or quartered
- 1 medium yellow onion, thinly sliced
- Pink Himalayan salt & freshly-ground pepper, to taste



## INSTRUCTIONS

Heat butter in a large skillet over medium-high heat. Add onions and sauté, stirring occasionally while reducing heat to low-medium, until nice and brown.

Push the onions to the side, add olive oil and layer the zucchini on the bottom of the pan. Some overlap is fine. Cook for about 4-5 minutes, stirring only once or twice so they will brown. Once you get the zucchini in the pan, you can toss the onions on top of them while the zucchini browns - making more room in the pan.

## NOTES:

You can always just make the zucchini without the onions, if you prefer.

If you want to add eggs, keep the zucchini warm in a bowl and fry the eggs until over-easy or medium in the same pan for added flavor. You can also fry them in a separate pan, as well, when the zucchini is almost done.