

BROCCOLI AND TURKEY SAUSAGE FRITTATA

By Dr. Cindy Tanzar
(Standard)

This recipe is not only easy and delicious for breakfast, brunch or dinner, but by making it ahead of time, it provides easy meals for another day. It can be hard to find a plan-approved turkey or chicken sausage that doesn't have even a touch of pure cane sugar (like 2% or less for the entire package). As long as it is a very minimal ingredient you will be fine.

This recipe, modified from Dr. Mark Hyman's website, makes 5 servings. One serving covers your protein, fat and 1/2 cup cooked vegetable. Serve with a couple slices of tomato, a 1 cup salad or 1/2 cup cooked vegetable, and fruit and you have a complete meal.



INGREDIENTS

- 6 oz. fresh or frozen broccoli florets
- Italian-seasoned or Savory, nitrate-free chicken or turkey sausage links (6-7 small links like Applegate farms in the freezer section or 2 Alfresco Italian chicken sausage links)
- 1 small leek or 1/2 cup onion, chopped
- 1 Tbs Kerry Gold butter (can add more if needed)



8 pastured, organic eggs
3/4 tsp. dried oregano or 1 Tbs. chopped fresh parsley leaves
Pink Himalayan salt and fresh ground pepper, to taste

INSTRUCTIONS

Preheat oven to 400°F. Bring a pan of water to a boil. Add broccoli florets and cook 2 minutes. Drain well and chop into smaller pieces.

Slice sausage into small pieces. Prepare leek by chopping off the dark green top and end root. Slice the leek in half, then chop crosswise into thin slices. Rinse well in a colander to remove any sand or dirt. Pat dry with paper towels.

Melt butter in a 10-inch stainless-steel skillet over medium heat. Add leeks and cook about 2 minutes. Add sausage and brown 3-4 minutes. Stir in broccoli, salt and pepper and mix well. Place mixture into a greased 10-inch pie plate or similar dish (If you have a cast iron skillet, you can leave the mixture in that and add the eggs to it to be placed in the oven.)

In a medium bowl, whisk the eggs together until smooth, then pour over the vegetables, spreading evenly with a spatula, if needed. Sprinkle with oregano or parsley.

Place into oven and bake until the frittata is set in the center and the top is light golden brown, about 14-16 minutes. (If your pie plate is smaller, it may take a bit longer.)