



FRIED CABBAGE HASHBROWNS

By Dr. Cindy Tanzar
(Standard)

Vegetables for breakfast are delicious, if you have the right recipes. Cabbage hashbrowns are a great side with 1 or 2 eggs, or two slices of uncured turkey bacon or one of the Genesis Health Solutions turkey or chicken sausage recipes. Just add fruit and your meal is complete.

This recipe makes two servings. One serving is two patties and covers your vegetable, fat and 6 grams of protein (you need approximately 20 grams per meal).



INGREDIENTS

- 2 cups finely-shredded cabbage
- 2 Tbsp grated or finely-diced onion
- 1/2 tsp garlic powder
- 1/2 tsp Pink Himalayan salt
- Freshly-ground pepper, to taste
- 2 large pastured eggs
- 2 Tbsp avocado or coconut oil



INSTRUCTIONS

In a large bowl add the cabbage, onion, garlic powder, salt and pepper and mix. Beat the eggs well, then pour over the cabbage mixture and mix well. It will firm up slightly.

Heat a non-stick skillet over medium-high heat. Add oil. When hot, add the cabbage to the pan, dividing it into four patties. Reduce the heat to medium.

Once browned and more set (about 3-4 minutes), gently turn the patties and flatten slightly with the spatula. Cook until golden and tender (about 3-4 more minutes).