



BREAKFAST VEGETABLE FRITTATA

By Dr. Cindy Tanzar
(Standard)

This is a very delicious, versatile recipe sent into Genesis by one of our clients, Estelle. It is an excellent and tasty way to eat your vegetable serving for breakfast.

Love this recipe! If you aren't a fan of mushrooms, simply substitute chopped broccoli or another vegetable in its place. Changing the vegetables will also provide a variety of flavors.

This recipe makes 4 servings and covers your protein and vegetable for one meal.



INGREDIENTS

- 1 package Green Giant Riced Cauliflower Risoto Medley, cooked according to directions (stove top is best)
- 1/2 cup diced onion
- 1/2 cup diced Bell pepper (green, red, yellow or orange)
- 1 cup sliced/chopped mushrooms
- 1/2 cup cherry tomatoes, halved (10-12)
- 8 pasture-raised eggs



Pink Himalayan salt & pepper, to taste
2 tsp dry cilantro or basil, optional
Crushed red pepper flakes, to taste, optional

INSTRUCTIONS

Coat a 9x9 baking dish with avocado or coconut oil. Spread cooked, riced cauliflower into pan.

Sprinkle onion, peppers and mushrooms evenly over cauliflower.

Whisk eggs in a separate bowl and carefully pour over vegetables, making sure to distribute the eggs evenly.

Arrange sliced tomato halves evenly over the top. Sprinkle with cilantro or basil.

Bake for 30-35 minutes or until eggs are set.

NOTE

If you like hot sauce with your eggs, Frank's Hot Sauce is a great addition after baking.