



RECIPE OF THE WEEK



This Springtime Frittata recipe makes a fuss-free, nutritious, and delicious meal. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this quick and easy meal is perfect any time of the day.

SPRINGTIME FRITTATA

Nutritional Facts:

Minced sausage and eggs are a great source of protein; zinc; iron; vitamins B12, B6, and D; and niacin. While potatoes; zucchini; and asparagus together are high in fiber; potassium; phosphorus; folate; antioxidants; manganese; magnesium; and vitamins A, B, C, E, and K. All this helps digestive and heart health; blood pressure and cholesterol levels, reduces inflammation; boosts immune function and energy levels, as well as protect against osteoporosis, cancer, and diabetes.

Ingredients:


- 1 bunch asparagus, cut into 1-inch pieces (just under 2 cups)
- 1.5 cups sliced zucchini
- 2 sausages patties, pre-cooked and chopped
- Pinch red pepper flakes
- 1 cup potato, diced (bite sized)
- 2 Tablespoons cooking oil
- 2 cloves garlic, sliced thinly
- ½ Teaspoon salt
- 6 eggs
- 1/4 cup milk (dairy or coconut), blended
- chopped parsley for garnish.


Instructions:


1. Preheat the oven to 400 degrees.
2. Heat a large (9-10 inch) oven proof skillet/pie/quiche pan on med heat and add cooking oil. Add the potato and cook until medium soft.
3. Add zucchini and sprinkle with salt, cook, stirring for a few minutes until soft.
4. Add the asparagus and raise the heat to medium, then sprinkle with red pepper flakes and a pinch more salt. Stir and cook for another 2 minutes, then add the chopped (pre-cooked) sausage and garlic. Cook another minute, then remove from heat.
5. Whisk together the eggs, milk, and salt and pour over veggies in the skillet, then bake 20-25 mins.
6. Allow to sit for 5-10 mins before serving. Garnish with chopped fresh parsley if desired. Store leftovers covered in the refrigerator for up to 4 days.
7. Serve with a side salad.

Eat & Enjoy!

Recipe adapted from: www.paleorunningmomma.com

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