

Recipes for Recovery from the Processed Food Supply

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Breakfast Frittata

Ingredients:

24 eggs

creamy part of a can of full fat coconut milk

1 tsp hot sauce

oil of choice

1 tsp salt

Optional additions:

2 onions, diced

1 bunch of kale, chopped, or 4 cups of any chopped vegetable

1 can of artichoke hearts, drained and chopped

½ pound of salmon, cut in chunks

Directions:

Process the eggs with the coconut milk and hot sauce until well blended.

Heat enough high quality oil in a large frying pan to coat the bottom. Add salt.

Saute onions until they start to color.

Add vegetables and stir fry for a few minutes.

Add whatever additions you like such as the artichoke hearts and salmon and make sure the ingredients are well mixed.

Add all the egg mixture to the frying pan and cook on the stove top until the sides start to set, maybe 10 minutes. Then finish in the oven at 375 until it puffs and goes golden. It is done when a knife inserted in the middle comes out clean, about 40 minutes. You can finish with 2 minutes under the broiler to set the middle.

Let it rest a few minutes before cutting.

Serves 12 and can be frozen in individual portions.