



## Frittata

Servings 3-4

### Ingredients

- 1 tbsp. olive oil
- 1/2 medium onion, chopped
- 1/4 medium zucchini, halved lengthwise, 1/4 inch slices
- 1/2 small red bell pepper, coarsely chopped
- 2 mushrooms sliced
- 4 eggs
- 3 tbsp. of half and half milk
- 1 pinch of salt
- 1 pinch of black pepper
- 1 tsp. basil
- 1 tbsp. chopped fresh parsley leaves
- 1 medium plum tomato, 1/4 inch sliced
- 3/4 cup shredded mozzarella cheese



### Directions

1. Adjust top oven rack - with a skillet (ovenproof!) on it, you want the top of the skillet to be 4-6 inches from the broiler. Turn on broiler
2. Put skillet on stove and add about a tablespoon of olive oil. Add onion, zucchini, bell pepper, mushrooms and sauté them until done, adding a dash of salt.
3. Beat/whisk your 4 eggs with salt, pepper, basil, and 3 Tablespoons of half and half (water, milk, or cream can be used also, but half and half is said to have the best results) If using cheese, add about half to the eggs (or you can save all of it for the top). Add egg mixture to skillet
4. On medium heat, cook eggs for about 2 minutes, scraping the sides and bottom with heat-resistant spatula. When eggs are mostly cooked but still very wet, stop stirring. You want to see cooked egg scattered throughout, but loose egg in between
5. Add your 1/4 sliced tomato pieces on top with chopped fresh parsley leaves
6. Continue cooking on stove for another minute, so underside sets
7. Sprinkle the rest of the cheese on top. Put skillet under broiler. Watch carefully while top browns. This will take 2-3 minutes
8. Remove skillet from oven and let sit for about 5 minutes to finish cooking in center.
9. Cut into wedges and serve.



## Blueberry Oat Pancakes with Maple Syrup and Yogurt

Servings 3-4

### Ingredients

- 2 cups quick cooking oats
- 1 tbsp. flax seeds
- 1 tsp. ground cinnamon
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 2 tbsp. honey
- 1 tbsp. brown sugar
- 2 large eggs
- 1/4 cup low-fat cottage cheese
- 1/2 banana ripe
- 1/4 cup milk
- 1/4 cup coconut oil
- 1 tsp. vanilla extract
- 1 cup blueberries
- 1 tbsp. margarine
- 3/4 cup plain Greek-style low-fat yogurt
- 1 tbsp. maple syrup



### Directions

1. Grind oats and flax seeds to a coarse powder
2. Combine your dry mix of ground oats, cinnamon, baking powder, salt, and brown sugar together and put aside
3. Puree your banana
4. Whip your eggs with fork
5. Melt your coconut oil using the microwave to a 1/4 cup
6. Mix your wet ingredients eggs, cottage cheese, eggs, milk, banana, honey, vanilla, then blend in your melted coconut oil last
7. blend in your dry ingredients to a smooth thick rich batter, if necessary add more milk if too dry a mix
8. Gently fold in your blueberries, hold back a tablespoon for final serving
9. Heat a large non-stick pan over medium heat. Coat non-stick pan with margarine.
10. Using a large spoon add about 2 tablespoons batter per pancake onto non-stick pan. Cook for about 3 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over, and cook 2-3 minutes until golden
11. Combine yogurt and maple syrup; serve over pancakes