

Powerhouse Breakfast

Prep & Cook time: 15-20 min
Servings: 1

1 Tbsp coconut oil
1 medium carrot, diced
1/2 medium zucchini, cut into thin disks
1/2 yellow squash, cut into thin disks
1-2 green onions, diced
1 cup frozen spinach
2 eggs or 1 serving cooked quinoa

Salt
Black pepper
Garlic powder
1/8 tsp ground turmeric

1/2 avocado, diced
6-12 stems cilantro, chopped



Directions

You can chop and cook as you go with this recipe.

Melt coconut oil in a frying pan over medium heat.

Add the carrots, zucchini, squash and green onions and cover, stirring every 1-2 minutes until they start to caramelize.

Add frozen spinach and cook until thawed, approximately 2 minutes.

Add eggs or cooked quinoa and seasonings to taste. Stir until thoroughly cooked/heated. If using quinoa, you can add some extra virgin olive oil to help spread the seasonings throughout.

Remove from pan. Add cilantro and avocado. Enjoy!

Options:

If I'm using quinoa instead of eggs, I'll also chop up 1 cm of ginger and add it to the veggies.

Feel free to add other seasonal veggies to this mix.

By Marisa Reyes