


# ASHLEY'S MEAL PREP MONDAY

CARTWRIGHT'S  
MARKET

## SUPER FOOD FLYING SAUCERS



1/2 cup shredded carrots  
1/2 cup finely chopped broccoli  
1 cup mushrooms (measure before chopping)  
1 cup of each red/green peppers  
1/2 cup yellow onion  
1 small zucchini (don't forget to squeeze out the liquid)  
2 cups spinach/arugula blend

6 eggs  
1 cup egg whites

1 TBSP avocado oil

1 TBSP minced garlic  
1 TSP garlic powder  
salt/pepper

The best part of this recipe, is that it is SO universal. You can omit what I used and customize to whatever it is you're feeling like having! Maybe you're into ham and/or sausage, throw that in there! Cheese would also be good, alas I am lactose intolerant.

Preheat oven to 375 and spray down a muffin pan- either use liners or find a silicone one so you don't end up like me.

Finely chop and/or grate all of your veggies. I like to cut up extra, that way I can use them as salad toppings throughout the week.

In large skillet, add in olive oil. Saute peppers, onion, and a pinch of salt for about 5-7 minutes, or until the peppers are tender. Add in spinach, mushrooms, carrots and broccoli and cook for another couple minutes. Add in garlic towards the end. salt/pepper to taste.

Scoop mixture evenly into muffin pan

Whisk eggs/egg whites and in large measuring cup (\*easier to pour this way)

Pour egg mix on top of veggies, careful not to overfill (I learned this the hard way too, guys)

Bake for 15-20 minutes

Serve them up with avocado, hot sauce, or whatever you like on eggs and enjoy!