

Ashley's Meal Prep Monday!

Dairy Free Breakfast Casserole



INGREDIENTS

3 cups peeled and diced russet potatoes - or swap for sweet potatoes

1 TBSP avocado oil

1/4 TSP pepper

1/4 TSP salt

1 TSP dried parsley

10 free range eggs

1/4 cup water or swap for coconut milk for a creamer casserole

1/3 cup diced green onion

1/4 cup chopped fresh dill - or swap for basil

1 red bell pepper diced

1 heaping cup spinach, loosely chopped



Preheat oven to 375 and line a large 9x13 baking dish with parchment paper on the bottom. Peel and dice the potatoes and toss with oil, salt and pepper and dried parsley. Then spread evenly over the bottom of the baking dish and bake in the oven for 30 minutes - flipping once halfway through.

When the potatoes are almost done, prepare the egg mixture. Crack the eggs into a large bowl and whisk with water or coconut milk until frothy. Add in green onion, dill, bell pepper, spinach salt and pepper and whisk again to combine.

Remove potatoes from the oven and pour egg mixture over the potatoes. Give a quick stir and place back in the oven for 15 minutes or until the middle of the casserole is slightly firm and spongy

Add avocado on top and enjoy!

Recipe: nutritioninthekitch.com

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