

## Roasted Sausage & Vegetable Frittata

**SERVINGS:** 4-6 | **PREP TIME:** 10 MINUTES | **COOK TIME:** 30-35 MINUTES

### INGREDIENTS:

- **6 large eggs**
- **¼ cup milk**
- **1 cup broccoli florets**
- **1 bell pepper** (any color)
- **1 tbsp olive oil**
- **½ tsp salt**
- **¼ tsp black pepper**
- **Optional: ¼ cup shredded cheese** (any kind)

### INSTRUCTIONS:

1. Preheat oven to 400 °F.
2. Wash and dry broccoli and bell pepper thoroughly.
3. Remove seeds from the bell pepper and cut into bite-sized pieces.
4. On a baking sheet, toss broccoli and bell pepper with olive oil, a pinch of salt, and a pinch of pepper.
5. Roast for 15 minutes in the oven until browned and tender. Take out and set aside.
6. Cook sausage in an oven-safe skillet (like cast iron) over medium heat until fully browned. Drain excess fat if needed.
7. In a large bowl, whisk eggs, milk, salt, and pepper together (and optional cheese).
8. Add the broccoli and bell pepper to the skillet with the sausage.
9. Pour the egg mixture evenly over the contents in the skillet. Mix.
10. Cook over medium heat for 2-3 minutes, when the edges start to set.
11. Transfer the skillet to the oven and bake for 10-15 minutes, or until the frittata is fully set in the center and slightly golden brown on top.
12. Remove from the oven, let cool, and enjoy!



## Peach Yogurt Parfait

**SERVINGS:** 4-6 | **PREP TIME:** 10 MINUTES

### INGREDIENTS:

- **5 ripe peaches**
- **4 cups of yogurt** (any kind)
- **Optional: ½ tsp cinnamon**

### INSTRUCTIONS:

1. Peel and dice peaches.
2. Place a layer of peaches in the bottom of a parfait glass (or bowl).
3. Sprinkle the peaches with cinnamon and top with yogurt.
4. Repeat the layering process until you have 4 layered parfaits.



## Egg and Veggie Muffins

**SERVINGS:** 6 MUFFINS | **PREP TIME:** 10 MINUTES | **COOK TIME:** 20-25 MINUTES

### INGREDIENTS:

- **6 large eggs**
- **½ cup diced tomatoes**
- **½ cup finely chopped kale**
- **¼ cup finely chopped onion**
- **1 tsp salt**
- **1 tsp black pepper**
- **1 tbsp olive oil**
- **Optional: ¼ cup milk** (adds creaminess)
- **Optional: ¼ cup cheese** (any kind)

### INSTRUCTIONS:

1. Preheat oven to 375 °F.
2. Lightly grease a 6-cup muffin pan with olive oil.
3. Wash, cut, and chop tomatoes, onions, and kale.
4. Heat 1 tbsp of olive oil in a skillet over medium heat.
5. Sauté onions for 2-3 minutes, until soft.
6. Add kale and cook another 1-2 minutes, until wilted. Remove from heat.
7. In a bowl, whisk eggs, milk if using, salt, and pepper.
8. Stir in the sauteed kale and onions and the diced tomatoes.
9. Optional: Add in cheese
10. Pour the mixture evenly into the 6 muffin cups, filling each about ¾ of the way full.
11. Bake for 18-22 minutes. Test the center with a toothpick- if the toothpick comes out clean, it's cooked.

