

RECIPE



VEGGIE BREAKFAST SKILLET

4 SERVINGS



INGREDIENTS

2 teaspoons olive oil

1 red bell pepper, chopped into medium pieces

1 medium onion, chopped into medium pieces

1 medium zucchini, chopped into medium pieces

1 (8-ounce) container of sliced mushrooms

1 clove garlic, minced

1 teaspoon salt

1 teaspoon paprika

1 teaspoon ground cumin

¼ teaspoon ground cayenne pepper (optional)

8 large eggs

½ cup salsa (optional)

INSTRUCTIONS

- 1 Wash hands with soap and water.
- 2 Gently rub bell pepper, zucchini and mushrooms under cold running water. Scrub onion and garlic with a clean vegetable brush under running water. Dry produce with a clean towel.
- 3 Chop the vegetables into medium pieces.
- 4 In a large skillet over medium heat, add the olive oil.
- 5 Add the bell pepper and onion and cook until the onion begins to soften, stirring occasionally, about 3 minutes.
- 6 Add the zucchini and sauté, stirring occasionally for another 3 minutes. Then, add the mushrooms and allow them to cook down. The mushrooms will begin to brown once the water begins to evaporate.
- 7 To the skillet, add the garlic and cook for 1 minute.
- 8 Stir in ¾ teaspoon salt, plus the paprika, cumin and cayenne pepper. Stir and cook 1 minute more.
- 9 While the vegetables cook, get four small bowls and crack two eggs into each bowl. Wash hands with soap and water after handling raw eggs.
- 10 Make four wells in the vegetable mixture and pour two eggs into each well. Season the eggs with salt. Wash hands with soap and water after handling raw eggs.
- 11 Cover the pan and lower the heat to medium-low. Cook mixture until the eggs are set and reach 160 °F on a food thermometer.
- 12 Serve with salsa.
- 13 Leftovers can be stored in an airtight container in the fridge. Reheat in the microwave until they reach 165 °F on a food thermometer.

RECIPE COURTESY OF HowtoBurnWater.com

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org.

Learn more about food safety at StoryOfYourDinner.org.

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