



empoweredptwithdoctore.com

Recipe for Chorizo Frittata:

Ingredients:

- 9 eggs
- Green bell pepper (diced in small pieces)
- 1 red bell pepper (diced in small pieces)
- 1 orange bell pepper (diced in small pieces)
- Yellow onion (diced in small pieces)
- Fresh minced garlic (1 clove)
- Chorizo sausage (you can also utilize the plant-based version of this from Trader Joe's)- you can use ground (approximately 7-8 oz) or the links. If you use the links- I used 6.
- Fresh cilantro
- Badia seasoning (or any seasonings you like such as Paprika 1.5 tsp, Cayenne Pepper ½ tsp)
- ½ cup of Coconut milk, Almond milk, or regular milk

Instructions:

- Preheat the oven to 425 degrees Fahrenheit
- Add 1 tsp of olive to the cast iron skillet and saute the fresh garlic on medium for 20-30 seconds or when it becomes fragrant but doesn't burn
- Add the chorizo to another skillet with 1 tsp of olive oil and cook thoroughly, then remove from the heat.
- Add the diced peppers and onions to your skillet and saute for several more minutes until the peppers are slightly soft. Then add the chorizo to the veggie mixture and stir well.
- While the peppers are cooking, add 9 eggs to a mixing bowl with ½ cup of coconut milk or the milk of your choice. Whisk the eggs with the milk, paprika, cayenne, Badia seasoning or any seasonings you like
- Pour the egg mixture on top of the chorizo and veggie mixture.
- Place a cast iron skillet on the middle rack of your oven and cook for 20-25 minutes or until the egg mixture is solid (My oven cooked it in 20 minutes). You can place also tinfoil on top of the skillet if it begins to brown to quickly

Let cool for a few minutes and enjoy! This is packed with lots of veggies and protein! So, it's a healthy start to your day!