



FYGmdnp Recipe

Chicken Sausage and Sweet Potato Frittata

• Makes 4 large or 6 smaller servings

- 1 medium sweet potato
- 1 package of organic chicken sausage (we love the one from Chicken Apple ones from Applegate)
 - 1 cup organic spinach
- 8-12 organic eggs (depends on the size) already whisked together
 - 1 cup sliced baby Portobello or shitake mushrooms
 - 1-2 tbsp avocado oil or organic ghee
- garlic salt, onion, pepper, or other spices of your choice (TJ's Everything But The Bagel seasoning is a favorite)

1. Spiralize the sweet potatoes (or buy pre-spiralized one). Sauté along with the sliced mushrooms and spinach in a cast iron skillet (or other oven-safe skillet) over medium-high heat until everything starts to soften.
2. Add in chicken sausage (either buy the precooked variety or cook ahead of time) and desired spices.
3. Spread evenly over pan and add in whisked eggs. Gently mix so that eggs spread throughout and under the rest of the ingredients.
4. Place skillet in the oven and cook at 350 degrees F for 25min or until eggs set.

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