

# Breakfast Casserole (Whole30)

## INGREDIENTS:

1 cup mushrooms, sliced  
1 cup zucchini, sliced  
1 cup red pepper, diced  
¼ cup onion, diced  
2 ½ cups fresh baby spinach or kale, stems removed  
2 T olive oil  
¾ tsp. Sea salt (divided, ½ tsp. And ¼ tsp.)  
½ tsp dried basil  
¼ tsp freshly ground pepper  
6 large eggs

## PROCESS:

Preheat oven to 350 degrees F.

In a skillet over medium heat, add 1-2 T of olive oil to coat the pan and the sliced mushrooms. Cook for 3-5 minutes until starting to brown.

To the skillet, add the zucchini, red pepper, onions, ½ tsp. of salt and cook for another 3-5 minutes until the veggies are cooked, stirring as needed.

Turn the heat off and add the spinach, stirring until it wilts and cooks, about 2-3 minutes.

Pour veggie mixture into an 8 x 8 baking dish, spreading evenly across the bottom.

Add the eggs to a mixing bowl with ¼ tsp. salt, basil, and pepper. Whisk until well combined.

Pour the egg mixture over the veggies and bake for 25 minutes until the eggs are set and a toothpick comes out clean.

Slice and serve warm, or may be refrigerated for later.

## ENJOY!

Tips: You can sub any veggies you want.

Make ahead by preparing all the veggies, pour into baking dish and place in fridge. Add egg mixture and bake when you are ready.

Great for your meal prep

Double the recipe and bake in a 9 x 13 dish

From: [24carrotkitchen.com](http://24carrotkitchen.com)

