

Anti-Inflammatory Savory & Sweet Egg Casserole

Yield: 6-8 servings

Prep time: 20 minutes

Total time: 70-80 minutes

INGREDIENTS

sweet potato | 1 large, peeled and diced

broccoli | 1 cup, chopped

cauliflower | 1 cup, chopped

carrots | 2, diced

red onion | ½ large, diced

cherry tomatoes | 1 cup, sliced

zucchini | 1 medium, diced

spinach | 2 cups, chopped

coconut oil | 1 Tablespoon, melted

Himalayan pink sea salt | 1 teaspoon

black pepper | 1-2 teaspoons

eggs | 12

coconut or almond milk | 2/3 cup

paprika | 1 teaspoon

turmeric | 2 teaspoons

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Grease a "9x13" casserole dish with coconut oil. In the casserole dish, toss the diced sweet potatoes with melted coconut oil, pink salt and pepper until potatoes are well coated.
3. Bake sweet potatoes for ~25 minutes (or until tender)



4. Remove casserole dish from the oven and add all the veggies you are using, except spinach. (I like to layer but you can also stir to mix)
5. Spread the chopped spinach over the top.
6. In a medium mixing bowl, whisk the eggs until they are lighter in color.
7. Stir in the milk and spices.
8. Pour mixture over the veggies and season with salt/pepper as desired.
9. Bake the casserole for 50-55 minutes, until the top is golden and set
10. Allow to cool for 5-10 minutes before serving.

ABOUT THIS RECIPE:

It contains one of the most potent spices for taming inflammation- turmeric! And provides a hearty dose of fiber and antioxidants!

Gluten free, Dairy Free, Vegetarian, Microbiome friendly, Anti-Inflammatory, Anti-Candida

NOTES

- *Use whatever veggies you like to customize. You may want to slightly steam some veggie to tenderize them prior to cooking.*
- *To increase protein content, use more egg whites.*
- *Delicious without cheese, but if tolerated can add your favorite hard cheese to taste.*