

BEET & POTATO FRITATTA

INGREDIENTS

- 1 lb Beets (1/2 red & 1/2 yellow)
- 1 lb Potatoes (1/2 purple & 1/2 white)
- Non-stick cooking spray
- Salt & Pepper (to taste)
- Cumin (optional)
- 1 1/2 C Egg substitute **OR** 6 eggs (whisked)
- Your choice of herbs (chives) (parsley) (thyme)



DIRECTIONS

- 1 Pre-heat your oven to 375 F
- 2 Peel & slice the beets & potatoes on a mandoline or just slice as thinly as possible with a knife
- 3 Spray a 9 X 13 dish with non-stick cooking spray
- 4 Place a layer of beets & season to your taste
- 5 Then add a layer of potatoes & season to your taste
- 6 Bake for 30 minutes covered or until vegetables are tender & remove the dish from the oven
- 7 Stir in the egg substitute & your choice of herbs saving some for a garnish
- 8 Bake uncovered for 20 minutes **OR** until the eggs are thoroughly cooked
- 9 Garnish with herbs of your choice

