

Cauliflower Rice - Arugula Frittata

Ingredients:

Yield: 8 to 10 thin nice portion servings

1 cup Cauliflower Rice

1 cup of Arugula (chopped)

6 Eggs

1 TBL Grated Parmigiana

1 tsp Olive Oil (or Ghee)

½ Small Onion (med fine chopped)

8 to 10 Mushrooms (sliced)

1 TBL Almond Milk (original flavor unsweetened)

½ tsp Thyme

½ tsp Garlic Powder

Himalayan Salt & Organic Pepper

¼ cup Water

Directions:

Preheat oven to Broil

In a heated cast iron or other oven approved skillet at medium heat add the cauliflower rice with ¼ cup of water, cover skillet and let cauliflower rice cook for about 7 to 8 minutes or until rice has soften up and then set aside.

Clean skillet and then sauté onions & mushrooms in olive oil for about 7 to 8 medium heat. During the last minute add the chopped Arugula. When finished add to the cauliflower rice that is set aside.

In a medium size bowl mix eggs, almond milk, salt & pepper, mix with a hand blender for several minutes until fluffy. Then add the set aside mixture of cauliflower rice/arugula/onions & mushrooms.

Using a 10” cast iron skillet coat with ghee or olive oil, add mixture – dusting top with parmesan, cover and cook on stove top at medium heat for 4 – 5 minutes.

Next put skillet under broiler for approximately 3 to 4 minute, watch closely and do not let it get to brown, still want some yellow of the eggs showing.