

Hash Brown Frittata (oil free + egg free)

Servings: 1-2

Ingredients:

- 1 bag of hash browns (I prefer mine to have minimal ingredients. no added oil or salt)
- 1 bell pepper chopped (red, yellow, or orange)
- 1/2 sweet onion, chopped into strings
- 1 small zucchini, chopped
- 1 small head of broccoli, chopped into bite size pieces
- 1/2 cup nooch (nutritional yeast)
- 1 tsp each of the following; curry, turmeric, garlic powder

Optional Toppings: avocado, kimchi, hummus, tomatoes, or brown mustard

Directions:

1. Combine all ingredients into a large bowl and mix everything together.
2. Preheat a large non-stick skillet on medium high heat.
3. Pour the ingredients into preheated pan and flatten with a spatula.
4. Don't touch the hash for about 7-8 minutes, at that point use a spatula to lift a corner to see if the underside is crispy. If it isn't brown yet, leave it for another 2 minutes or until crispy.
5. Once the underside is crispy use a spatula to cut the hash into 4 even sections. Flip each section so the uncooked side is now facing down. Do your best, it doesn't have to be perfect!
6. Now leave them alone for another 5 minutes or until the other side gets crispy. But this time when you flatten it, use the spatula to press the edges towards the middle. Making it a perfect circle of hash browns in the pan.
7. Once brown on the underside, grab a plate large enough to hold the size of the hash browns. Place the plate facing down on top of the hash browns, then using your dominant hand flip the pan upside down while the opposite hand is holding the plate in place. If you can't quite understand what I mean skip check out the YouTube video.
8. Top with whatever you'd like. My favorites are avocado, kimchi, hummus, tomatoes, or brown mustard mmm!