

Zucchini and Mushroom Breakfast

Number of Servings: 2

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

Shiitake Mushrooms, enough to half fill a fry pan, sliced

2 small zucchini, chopped

2 medium carrots, shredded

1/4 cup frozen peas

3 cloves garlic, sliced thinly

2 tbsp butter

salt & pepper

1 tsp each tumeric, smoked paprika, coriander, cumin, oregano

Bragg's or Soy Sauce

1 tbsp nutritional yeast

Instructions

Melt butter in the frying pan and add garlic. Cook on low heat for 5 minutes, then add mushrooms, pepper and some Bragg's. Cook for 5-10 minutes on medium-high heat, until mushrooms are losing water.

Add the zucchini, spices, Braggs. You may need to add 1-2 tbsp of water if the pan is dry. Cook for another 5 minutes, you don't want the zucchini overcooked and mushy. Once the zucchini is just about ready, add the shredded carrots and frozen peas. Another 2 minutes should be enough to heat the carrots and thaw the peas.

The spices can be adjusted to your taste, and the nutritional yeast is optional.