



FIXATE RECIPES

VEGGIE FRITTATA BREAKFAST SANDWICH

Serves: 1

VG

Total Time: 15 min.

Prep Time: 9 min.

Cooking Time: 6 min.

1 cup	thinly sliced green cabbage	2 tsp.	all-natural ketchup
½ cup	carrots, sliced into matchstick-sized pieces (approx. 1 medium carrot)	1 tsp.	olive oil-based mayonnaise
½ cup	thinly sliced green onions (approx. 4 medium stalks)	2	large eggs, beaten
¼ tsp.	sea salt (or Himalayan salt)	1 slice	cheddar (or Swiss) cheese (optional)
¼ tsp.	ground black pepper	2 slices	whole-grain bread, toasted

SPECIAL EQUIPMENT: Nonstick cooking spray

1. Add cabbage, carrots, green onions, salt, and pepper to a large mixing bowl; using clean hands, massage seasoning into vegetables. Set aside and wait 5 minutes.
2. Add ketchup and mayonnaise to a small mixing bowl; stir to combine. Spread onto toast.
3. Squeeze vegetables to release excess water; discard.
4. Add eggs to vegetables. Stir to combine.
5. Heat a large nonstick skillet over medium heat; lightly coat with spray.
6. Add vegetable mixture; shape into a bread-sized patty with spatula. Cook for 2 to 3 minutes, or until golden underneath. Flip; top with cheese (if desired). Cover; cook for an additional 2 to 3 minutes.
7. Top one slice of toast with cooked veggie patty; cover with second slice of toast. Enjoy!

RECIPE NOTES:

- If your cheese doesn't melt all the way, add a splash of water to the pan, cover, and let the steam finish melting the cheese.
- If you want to save your yellows, omit the bread and eat this as a quick and easy, single-serving frittata.
- Salt will be lost in the water that gets poured off from the veggies, so you won't be consuming the full quarter teaspoon. This is accounted for in the nutrition facts.

Nutritional Information (per serving):

Calories:	491	Cholesterol:	453 mg	Fiber:	7 g
Total Fat:	22 g	Sodium:	1,094 mg	Sugars:	10 g
Saturated Fat:	7.5 g	Carbohydrates:	49 g	Protein:	29 g

THE ULTIMATE
FIX Container Equivalents (per serving)

■ 1½ ■ 1 ■ 2 ■ 1 — 1

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.