

A FALL RAINBOW BREAKFAST



THE VEGUCATION STATION

EASY & DELICIOUS, USE WHAT YOU HAVE!

From deep purple cauliflower, to sweet yellow delicata squash, to the last sweet red peppers of the season, toss it all together with lots of garlic.

INGREDIENTS

USE WHATEVER YOU HAVE! MIX IT UP, FOLLOW YOUR HEART!

- 1 DELICATA SQUASH
- PURPLE CAULIFLOWER
- 1 SHALLOT / ONION
- SWEET PEPPERS (HABANADA PEPPERS HAVE A UNIQUE TROPICAL FLAVOR)
- LOTS OF GARLIC
- GREENS, KALE/COLLARDS
- ADD BACON IF YA WANT!

STEPS

- Slice up the delicata into thin half-moons or into small chunks, the skin is edible so no need to peel. Sauté in a pan on medium high and leave covered the first 5-7 minutes, then remove lid to cook another 3-6 minutes to start crisping up on the edges.
- Add the cauliflower cut into pieces, cook another 5-7 minutes. Don't salt the pan until later to keep your cauliflower nice and purple and prevent the color from leeching out into everything else in the pan.
- Add in your sliced shallot and sweet peppers and keep cooking, adding your garlic and greens last with a couple pinches of salt.
- Toss and cook until done to your liking, The veggies should all develop a bit of a crisped golden brown edge but be cooked soft all the way through when poked with a fork. Salt to taste at end.
- Serve with a little shredded cheese and two fried eggs on top.
- Enjoy!

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