

## Zucchini & Sirloin Breakfast Casserole

- 3 large zucchini
- 1/2 red onion, chopped
- 5 eggs
- 1 pound of sirloin (thinly sliced or cubed)
- 1 tsp Himalayan sea salt
- freshly ground black pepper to taste



1. Preheat oven to 375 degrees F.
2. Cook the sirloin in an oven-safe skillet over medium heat. Set aside.
3. Grate all of the zucchini and put into a large bowl.
4. Using a paper towel, press some of the moisture out of the zucchini.
5. In a separate bowl, beat the eggs and add Himalayan sea salt and pepper.
6. Combine all of the ingredients, including cooked sirloin, in the large bowl and mix together.
7. You want to have enough eggs to coat the whole mixture.
8. Warm about a 1/2 tablespoon of olive oil in the skillet over medium heat.
9. Add the zucchini mixture into the 9 x 13 baking pan or dish. Use a little olive oil to coat the pan
10. Cover and cook about 5 minutes until the eggs start to set on the bottom.
11. Transfer to the oven and bake for 12-15 minutes, until the eggs are firm.
12. Remove and let rest for 5-10 minutes,
13. Cut into 6 equal sizes to get proper portion size & enjoy

**Tip – substitute any left over on plan protein for the steak**