

## Sundogs Frittata

### Serves 6

#### Ingredients

##### Eggy mixture

1.5 C chickpea (garbanzo bean) flour

1.5 C water

¼ C plain unsweetened yogurt, or thick cashew cream, or thick sour cream

½ t salt

½ t kala namak (Himalayan black salt)

½ t ground turmeric

⅛ t cayenne

¼ t black pepper

1 T neutral oil (eg., sunflower or canola)

½ C parsley

¼ t thyme

½ t dried dill

##### Vegetables

2 C finely chopped broccoli, cauliflower, mushrooms, bell peppers (any color), or zucchini, or any combination

¼ C finely chopped red onion

1 C tightly packed chopped greens (eg., spinach, kale, etc.)

¼ t salt

cherry or grape tomatoes for garnish, halved

#### Prep

1. Preheat the oven to 375 °F.
2. Grease a 9-inch pie pan (or line with parchment paper).

#### Eggy mixture

1. In a large bowl, add all the dry eggy mixture ingredients; whisk to combine.
2. In a small bowl, mix the water, sour cream, and oil.
3. Combine the wet into the dry, and whisk completely.

#### Filling

1. Saute vegetables
  - a. When about half-way done, add the red onion and continue to saute.
  - b. When almost done, add the salt and chopped greens until just wilted.
  - c. Allow to cool.
2. Combine into the large bowl and mix.
3. Pour into the prepared pie pan; top with halved tomatoes, cut side up.
4. Bake for 45-50 minutes, or until an inserted toothpick comes out clean. The top will crack and turn “GBD” (golden brown and delicious).
5. Brush some olive oil on top lightly, and let rest for 10 minutes before serving.

**Note:** If omitting the black salt, replace with ¼ tsp each of garlic and onion powders