

COMBINING RIGHT RECIPES

MAIN MEALS

Protein

Zucchini Tortilla- serves 2

1 small Zucchini, finely sliced
1 small onion, finely diced
1 garlic clove, finely diced
½ bunch chives, finely chopped
1 Tbsp olive oil
sea salt and freshly ground pepper to taste
5 eggs
mineral water

Heat oil in a frying pan, and saute onions and garlic until transparent. Add zucchini slices and cook until brown, about 10 minutes, stirring occasionally. Season with salt and pepper and set aside. Beat eggs with a little water and salt and pour over zucchinis. Cover and simmer over low heat until eggs are set. Sprinkle with chives and serve with tomato salad or green salad.