

Mediterranean Sourdough Discard Vegetable Skillet

For the vegetables:

- 2 tbsp avocado or olive oil, for sautéing the vegetables
- 1 small onion, diced
- 2 small zucchini or 1 medium zucchini, diced
- 2 roma tomatoes, chopped
- 1 cup (4 oz; 115 g) mushrooms, sliced
- 1 cup baby spinach (*a big handful is perfect*)
- 2 cloves garlic, minced
- 1 tablespoon oregano
- 1 tsp salt
- Pepper, to taste
- Cheddar cheese, to taste (*about ½ cup*)
- Feta cheese, to taste (*about ½ cup*)

For the topping:

- 1 ½ cups sourdough discard (350 g)
- 2 large eggs (100 g)
- 2 tsp baking powder (5 g; or ½ tsp baking soda if your starter is still fairly active)
- ½ tsp salt (3 g)

Directions:

- 1) Preheat an oven to 425 F and a 10-inch cast iron skillet over medium to medium-high heat on the stovetop while you prepare the vegetables.
- 2) To the 10-inch cast iron skillet, add the oil.
- 3) Once the oil is hot, add the onion. Cook for 3-5 minutes, until the onion begins to soften.
- 4) Add the tomato, zucchini, and mushrooms. Cook for another 5-6 minutes, or until everything is soft.
- 5) Add the greens, cooking for 1-2 minutes, until wilted. Then, add the garlic and cook until fragrant.
- 6) Season with oregano, salt, and pepper. Remove from heat.
- 7) Top with cheddar and feta cheeses.
- 8) In a medium bowl, make the topping. Whisk together the sourdough discard, eggs, baking powder (*or soda*), and salt.

- 9) Pour the topping all over the vegetables in the skillet. Optionally, top with additional cheese.
- 10) Bake for 15-18 minutes, until a toothpick inserted into the topping comes out clean.
- 11) Enjoy!