

Frittata veggie

All of the pleasures of an omelette... with none of the messy flipping!

This frittata is filling and nourishing, and great at any time of day.

There are 2 parts to this recipe; sautéing veggies on the stovetop, and then baking the whole recipe in the oven.

The ingredients vary each time I make this, depending on what is on-hand. Modify this recipe with whatever veggies may currently be in your fridge!

Ingredients

1 Tbsp olive oil
½ onion, diced
¼ squash, diced
½ red pepper, diced
1/3 zucchini, diced
handful cherry or grape tomatoes
large handful fresh spinach
1-2 tsp coconut oil
Eggs; 2 per person, whisk together
Goat cheese; optional

Place iron fry pan in oven as it heats to 400°.

Meanwhile, on stovetop: sauté onion in oil at low-medium temperature. Add firm vegetables first (eg. squash, sweet potato) and continue to sauté. Add peppers & zucchini; continue to sauté for a few minutes. Add tomatoes and spinach and cover with lid for ~3minutes, until spinach has wilted.

When oven has reached temperature, remove iron pan; add coconut oil and move pan around until bottom and sides are coated. *Coconut oil is great for high-heat cooking and has terrific non-stick properties.

Dump veggies in to iron pan. Pour eggs over top. Crumble goat cheese over all.

Bake ~20minutes, or until eggs are fully cooked (no slimy uncooked egg is detectable).

Serve with a green salad.

Bon appetit!