



Veggie Frittata

Active Time: 5 minutes | **Total Time:** 15 minutes | **Serves:** 2

Nutrition Information Per Serving

398.4 calories, 8.4 g carbohydrate, 2.12 g fiber, 6.28 g NET carbs, 20.52 g protein, 32.41 g fat

Ingredients

- 1/2 medium(s) organic red onion, peeled and diced
- 1 medium organic red pepper, seeded and diced
- 6 large(s) pastured eggs
- 2 Tbsp(s) virgin coconut oil
- 1 cup organic spinach
- 1/2 tsp(s) fresh organic dill
- 2 Tbsp(s) coconut milk
- 1/2 Tbsp.(s) fresh organic rosemary, minced

Preparation

1. Melt the coconut oil in a large skillet.
2. Add the onions and peppers and cook for five minutes, stirring frequently until the vegetables are tender.
3. Add the spinach and cook an additional two minutes.
4. Beat the eggs, coconut milk, and herbs in a bowl until frothy.
5. Pour the eggs into the pan over the vegetables. Cook an additional 5 to 10 minutes without stirring, until the eggs are set.
6. Alternatively, you can pop the pan into an oven set at 350 degrees Fahrenheit and cook it for 10 to 15 minutes.
7. Cut into wedges and serve.

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