**Zucchini and sweet potato Frittata**
Serves: 4
Ingredients:
2 tbsp olive oil or coconut oil
8 eggs
1 large sweet potato, peeled and cut in slices
2 sliced zucchinis
1 sliced red bell pepper
2 tbsp fresh parsley
Salt and pepper to taste

Heat a pan over a medium-low heat;
Add the oil and sweet potato slices and cook until soft, about 8 minutes;
Add the zucchini and red bell pepper slices and cook for another 4 minutes;
While it cooks, whisk the eggs in a bowl, making sure to incorporate a lot of air in the mixture;
Season the egg mixture with salt and pepper and add to the cooking veggies;
Cook on low heat until just set, about 10 minutes;
Finish the frittata until golden under a heated broiler.
Cut the finished frittata into wedges and serve with fresh parsley.