**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.