



# Vegetable Frittata

A frittata is a high-protein breakfast, includes a ton of veggies and can be made ahead of time. On busy days I will grab a piece and eat it in the car on the way to work, if necessary.

A small slice also makes a terrific grab-and-go, blood sugar balancing snack.

## Ingredients:

- Olive, Coconut or other oil as needed
- 8 -12 large eggs
- 2 tbsp minced fresh herbs (thyme, dill, parsley)  
Use dried herbs if fresh is not available
- 1 small onion, diced
- 2 cups chopped leafy greens (spinach, arugula, kale, etc.)
- 2-3 cups of assorted chopped veggies  
(bell pepper, broccoli, tomatoes, mushrooms, etc.)
- Salt, pepper, herbs

## Instructions:

1. Preheat oven to 375 Degrees. Lightly oil a 9-inch pie plate or casserole dish. Set aside.
2. Heat oil in a skillet over medium heat, add onions and cook for about 5 minutes or until translucent. Add remainder of the veggies, beginning with the harder ones that require more cooking time (broccoli) then followed by the more tender ones (tomato). Add leafy greens in last so they are slightly wilted. Season to taste with salt and pepper.
4. Arrange cooked veggies in the bottom of the greased pie plate or casserole dish.
5. Whisk eggs in a bowl. Season with salt and pepper and fresh herbs, if using.
6. Pour egg mixture over veggies in the pie plate.
7. Using the back of a spatula, lightly press down over the entire surface to encourage the eggs to seep in and around the veggies.
8. Bake in oven for approximately 45-60 minutes. Or until frittata is set in the center, firm and golden. Cool slightly before slicing and serving.

