

Easy Versatile Egg Frittata
Whole Foods Nutrition with Cindy Olejar
www.wholefoodsnutrition.org

Serves 2 to 4 people

This dish is easy to make and very versatile. You can easily create this dish to fit your nutrition needs whether it be vegetarian, paleo, keto, dairy free, vegan and more! And this dish is great for using leftovers you do not know what to do with.



Ingredients

- 8 eggs
- 1/2 to 1 cup spinach chopped or zucchini noodles drained and chopped
- 1 oz smoked salmon chopped **or** 2 to 4 slices of prosciutto chopped **or** 1 to 3 strips of cooked bacon chopped **or** 1 sausage chopped (no added sugar) **or** cooked chicken chopped **or** cooked turkey chopped (if vegetarian omit the meat and add in 3 oz of organic canned or fresh mushrooms, or red, green, or orange bell peppers chopped)
- 1/2 cup organic sweet peas drained
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sea salt - omit if using smoked salmon, prosciutto, bacon or sausage and salt to taste afterwards as these ingredients usually have salt in them and added salt may make it too salty
- 1 teaspoon dried rosemary (unless your Italian herb blend has rosemary in it)
- 1 teaspoon dried Italian herb blend
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic granules or fresh garlic minced

Other optional ingredients

- 1/8 teaspoon turmeric

- 1/4 teaspoon lemon peel
- 1/4 teaspoon onion granules or 3 tablespoons fresh onion chopped
- 1/2 teaspoon dried chives or 1 tablespoon fresh chives
- 2 oz capers - if using capers these have enough salt taste to them that sea salt is not needed
- 2 to 4 tablespoons green or kalamata olives, pits removed and chopped
- 1 to 2 ounces of cheese of your choice shredded

Optional Toppings

- Salsa
- Diced tomatoes
- Ketchup - no added sugar
- Melted or shredded cheese - omit if dairy free or use dairy free cheese
- Salt and pepper to taste or other herbs
- Olive Oil, Flax seed oil, Pumpkin seed oil or Walnut oil

Directions

1. Whisk the eggs in a large bowl.
2. Add the spices and mix until well combined.
3. Add the other ingredients and mix until well combined.
4. Pour mixture into a deep frying pan, put the lid on top and cook on medium heat for 10 to 15 min or until eggs are cooked. Cooking times will vary depending on the ingredients used and stove top heat.
5. Let cool slightly, cut into 4 to 8 slices and enjoy.
6. Store leftovers in the refrigerator for up to one week.