

Food Babe's Fast Frittata



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	12 mins	27 mins	2

<https://foodbabe.com/fast-frittata>

Ingredients:

- 4 large eggs
- 1 large fresh red pepper, diced
- 1 small red onion, diced
- 2 ounces goat cheese
- 3 sun dried tomatoes, not packed in oil, diced
- 3 tablespoons fresh basil, minced
- ¼ teaspoon red pepper flakes
- ¼ teaspoon paprika
- ¼ teaspoon sea salt
- 1 pinch ground black pepper
- ½ teaspoon coconut oil

Instructions:

1. Preheat oven to broil on high.
2. Heat coconut oil in a large skillet on medium heat.
3. Once pan is heated, sauté red onion for about 3 minutes, then add red pepper and sauté another 3-5 minutes until just tender but not completely cooked through.
4. While vegetables are cooking, in a large bowl combine whole eggs, basil and spices and whisk together for 1 minute.
5. Pour mixture into pan, distributing the mixture evenly over the vegetable sauté.
6. Top mixture with crumbles of goat cheese and sun dried tomatoes (optional).
7. Allow frittata to cook for a few minutes on the stove top (cooking the bottom slightly) before placing pan into oven.
8. Broil on high for 7-12 minutes – watch carefully to make sure it doesn't burn.
9. Remove from oven once top is slightly browned and cool for 5 minutes.
10. Cut into slices and serve with a mixed greens dressed with an aged balsamic vinegar – The flavors will be perfect together!

Notes:

- Tip – To make more servings, just double the recipe using the same pan.
- Please buy all organic ingredients if possible.