



VEGGIE FRITTATA

Prep Time: 5 minutes

Cook Time: 15 minutes

Serves: 3-4

Ingredients:

- ½ medium yellow onion, finely chopped
- ½ red bell pepper, finely chopped
- 1 ½ cups mushrooms, thinly sliced
- 2 cups fresh kale, chopped
- 2 cups fresh spinach, chopped
- 8 eggs, beaten
- 1 Tbsp butter or coconut oil

Instructions:

- Heat an oven proof skillet (I like to use my cast iron frying pan) over medium high heat and turn on broiler (on high) to preheat oven.
- Add oil to pan. Add onion, pepper and mushroom and sauté, stirring occasionally, until vegetables are starting to soften (3-4 minutes).
- Add kale and continue to sauté, until all vegetables are cooked (8-10 minutes).
- Add spinach, and stir until spinach is wilted.
- Add beaten eggs. Let cook on stove top 1-2 minutes, stirring a couple of times.
- Place skillet in oven and broil until eggs are completely cooked, puffed up and starting to brown on top. Serve and enjoy!

<http://www.thepaleomom.com/2011/11/recipe-veggie-frittata.html>