

Springtime Frittata



3 Ingredients, 3 serves, 20 Minutes Total Time

1 tablespoon chives (chopped)
1/4 teaspoon salt
6 eggs (beaten)

Use any combination of vegetables for this recipe - a great way to utilise leftover vegetables for lunches the next day.

Options - check the suitable foods available to you with your practitioner when considering the options below:

1 very small red onion slivered
½ Tbs. any mixed fresh herbs
1 small tomato
1 small zucchini diced
1 ½ cups fresh spinach or lightly sautéed swiss chard

Or:

3-4 fresh asparagus spears, diced
2 Tbs. butter, Olive oil or coconut oil for sautéing vegetables

Instructions

- In bowl whisk together eggs and seasonings. Set aside.
- If using red onion begin cooking that first. In a non-stick sauté pan sauté red onion.
- Allow to cook until translucent.
- Add the diced zucchini and asparagus and continue sautéing until tender – don't overcook.
- As you cook the vegetables add a little sea salt if you like.
- If using swiss chard instead of spinach lightly sauté in olive oil.

- The spinach is better added uncooked to this dish.
- In a large non-stick skillet melt the 2 tablespoons of butter or other suitable fat/oil on medium heat and add the eggs and herb mixture.
- Allow to firm up on the bottom and move the sides in to cook more of the beaten egg as you would making scrambled eggs.
- When about half of the egg mixture looks cooked add the cooked vegetables (and the raw spinach if using).
- Cover with a lid and reduce heat to medium low.
- Continue cooking for about 15 more minutes checking to see when all of the egg is complete cooked.
- This is when the frittata is done.
- Allow to cool slightly before cutting or it will be too runny when you cook it.
- Traditionally, frittata is served at room temperature.

Nutritional Information (per serving)

Calories	126
Total Fat	8g
Saturated Fat	3g
Cholesterol	327mg
Sodium	319mg
Total Carbohydrate	1g
Dietary Fibre	--
Sugars	--
Protein	11g
Calcium	50mg
Iron	2mg
Magnesium	11mg
Phosphorus	175mg
Potassium	124mg
Vitamin C	1mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg