

Broccoli & Tomato Frittata

By Avie Rosacci

Serves 4

Ingredients:

½ cup blanched broccoli bits
2 oz. grape tomatoes, halved
2 Tbsp. grass fed butter
4 oz. Monterey Jack Cheese
6 eggs
¼ tsp. turmeric
¼ tsp. paprika
¼ tsp. black pepper
Sea salt to taste
½ tsp. garlic powder
Green onions for garnish

Instructions:

Preheat broiler in oven. Over medium heat, melt butter in a cast iron pan. Add tomatoes and broccoli bits sauté for about 3-4 minutes. Beat eggs and all spices in mixing bowl. Pour over veggies in skillet and slowly cook until cooked through (approximately 8-10 minutes).

Top with cheese and place in broiler and cook until cheese is melted and sides are a little brown.

Remove from oven and allow to cool about 5 minutes. Add green onion to the top and cut in 4 pieces to serve.

Nutrition facts per serving

Calories: 287 - Protein: 17.2 grams - Carbohydrate: 3.4 grams - Fat: 22.5 grams