

Keto-friendly Vegetable Frittata

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large oven-proof frypan
measuring cups and spoons
chopping board and knife
heatproof stirring spoon
fine and coarse grater
medium mixing bowl
metal whisk
cooking skewer or toothpick

Do this

with these ingredients

1. **Preheat** oven to 175°C or 350°F.

2. In the large frypan over a medium heat, **warm**

1 TBS **extra virgin olive or coconut oil**

3. **Add** and cook 5 minutes until golden

5 nitrate-free **bacon rashers**, chopped

4. **Stir** in

1 small **red capsicum/pepper**, finely chopped
1 medium **carrot**, coarsely grated (optional)
1 medium **zucchini**, coarsely grated
1 **shallot/green onion**, thinly sliced
1 large **flat mushroom**, chopped
100 g/3.5 oz **spinach or kale**, roughly chopped

5. **Cook** while stirring until spinach is wilted then **remove** from heat.

6. In the bowl, **whisk** together

8 **eggs**
¼ cup **pure cream**
½ tsp **pink or sea salt**
¼ tsp **cracked pepper**

7. Gently **pour** eggs over the bacon and vegetables.

8. **Top** with

2 small **tomatoes**, sliced
¼ cup finely grated **parmesan**

9. **Bake** 30 to 40 minutes or until a skewer inserted comes out clean.

10. **Serve** hot or cold topped with

¼ cup **basil or parsley**, chopped

