

Broccoli Bacon Frittata



Prep Time

10 Min.

Cooking Time

20-30 Min.

Yields

8 Servings

Ingredients

8 pieces of nitrate free bacon (chopped)

2 cups broccoli

1-2 tbsp of garlic

1 cup of onions

6 hormone free eggs

1/2 tbsp coconut oil

Salt and pepper to taste

Directions

Preheat oven to 350 degrees. Grease a non-stick casserole dish with melted coconut oil. (I let mine sit on the oven with oil in it to melt it)

Cook the bacon and chop into pieces. Sauté onion, garlic and broccoli in a pan. Lightly layer the cooked ingredients into the casserole dish. Whisk the eggs and pour into the casserole dish. Sprinkle with salt and pepper. Cook for 20-30 min until a fork comes out clean. Enjoy!