

Supreme Pizza Frittata



Cooking Time

50

Yields

8 slices

Ingredients

1 pound hot Italian sausage
12 eggs
1 cup pizza sauce
¼ cup fresh basil, torn into small pieces
pinch of salt
pinch of black pepper
red pepper flakes, to taste
1 green bell pepper, sliced
6 button mushrooms, sliced
6 pepperoni slices
2 cups arugula
juice of ½ lemon
1 tablespoon olive oil

Directions

1. Preheat oven to 350 degrees F.
2. Place a large cast iron skillet over medium heat. Add sausage and use a wooden spoon to break into small pieces, until no pink remains. Spread sausage evenly throughout the skillet. Turn heat down to medium-low.
3. In a large bowl, whisk together eggs, basil, pizza sauce, salt, pepper, and red pepper flakes. Pour mixture into skillet and let cook in the pan for 5 minutes. Then top the frittata with green pepper slices, mushrooms and pepperoni. Place in oven to bake at 20 minutes.
4. Toss arugula in lemon and olive oil and place on top of frittata before serving!

*Source - paleomg.com