

Low-Carb Bacon, Egg and Spinach Breakfast Frittata

INGREDIENTS:

- 6 eggs
- 2-3 cups frozen spinach, thawed and drained
- 6 slices bacon, cooked and crumbled
- 1 cup mushrooms, chopped
- ½ cup onion, chopped
- ½ green pepper, chopped
- ½ red pepper, chopped
- 1 ¼ cup shredded cheddar or a combo of cheddar and white cheddar
- Salt and pepper to taste

Get Creative
Add tomatoes

DIRECTIONS:

1. Preheat oven to 375 degrees. Spray a 9X13 baking dish with cooking spray.
2. Place a skillet on medium-high heat. Add the chopped veggies (excluding the spinach) to the pan. Saute for a few minutes until the veggies are soft.
3. Add the veggies to the bottom of the baking dish. Spread the veggies throughout the dish.
4. Then top with spinach.
5. Whisk the eggs in a small bowl. Season with salt and pepper. Pour the egg mixture over the veggies.
6. Create an additional layer by adding crumbled bacon and shredded cheese.
7. Bake for 35 minutes.
8. Remove from the oven. Allow to cool before serving.
9. Portion into meal prep containers.

Adapted from: staysnatched.com

Yields: 10 pieces



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