

Frittata Bake

Ingredients:

Yields: 4

2 tbsp. coconut oil
4 c. squash, zucchini, oven dried tomatoes
1 yellow onion, thinly sliced
2 garlic cloves, minced
8 eggs
½ c. unsweetened coconut milk
¼ c. chopped fresh herbs (chives, basil, parsley)
2 tsp sea salt

Method:

Pre-heat oven to 350 F.

Heat large oven proof saute pan, preferably cast iron, over medium high heat. Melt coconut oil. Add vegetables and onion. Cook until soft. Add garlic and continue to cook until aromatic.

While above is cooking, whisk eggs, milk, herbs and salt.

Make sure you have enough fat in the pan to prevent sticking. Pour egg mixture into the pan with the vegetables. Place in oven and bake until center is cooked all the way through. (About 10 minutes)

Let rest at room temperature. Reheat before serving, if needed.