

Vegetable and Sausage Frittata

It's a simple project:

- **Preheat your oven, I like 325°** for this recipe, you may have to experiment with this depending on your oven.
- **Prepare your vegetables**, whatever suits your taste. I like to roast or sauté my vegetables before adding to the eggs to enhance the flavor.
- **Prepare your eggs and cheese.** I like to use Organic Egg Whites and add a few whole eggs to lower the fat and cholesterol while keeping the feel of the frittata authentic. I use 2 containers of egg-whites, 6 whole pastured eggs plus 2T organic ricotta cheese.
- **Prepare your pan:** I recommend a non-stick spray to ensure that you are able to remove these little gems without a hassle. I use coconut oil spray and then divide the sausage and vegetable equally between all of the muffin cups; it usually works out to about 1/4 cup of filling per frittata. This makes for a hearty frittata. **Organic Coconut Oil Spray**
- **When you have it all together, put the pans in the oven for 20-25 minutes.** I like mine gently cooked, not too brown — you can obviously adjust this to your own taste.

I make 2 dozen at a time, they keep in the refrigerator for at least a week which makes getting ready for my day much easier in the morning. It is such a blessing to have these little frittatas available when I am in a rush to get out the front door at 6:00 AM and they satisfy my morning hunger for hours.