



## **BROCCOLI, BACON & FETA FRITTATA**

### **INGREDIENTS**

- 1 roasted red pepper
- 6 slices of bacon cooked and crumbled
- 1 tablespoon butter
- ½ onion, finely diced
- 2 cups chopped broccoli florets
- Salt and pepper
- ½ tsp garlic powder
- 7 large eggs
- 3 ounces feta, crumbled
- 1 ounce grated parmesan cheese



### **INSTRUCTIONS**

#### **Skillet method:**

1. In an 8-inch oven-proof nonstick skillet or well-seasoned cast-iron pan, melt butter over medium heat. Add onion and cook, stirring occasionally, until translucent, about 4 minutes. Add broccoli, sprinkle with salt, pepper & garlic powder and cook, stirring occasionally, until just tender, about 6 minutes longer.

2. Preheat oven to 425°. In a medium bowl whisk together eggs; season with additional salt and pepper. Add in roasted red pepper and parm cheese and mix to incorporate. Pour eggs over onion-broccoli mixture, stir to combine, sprinkle bacon over the eggs and then dot surface with feta. Cook, without stirring, until eggs are starting to set on bottom, about 5 minutes. Transfer pan to oven and bake until eggs are set and beginning to brown, 15-18 minutes. Cut into wedges and serve hot or at room temperature.

#### **Baking Dish/Pie Pan method:**

1. In a nonstick skillet or pan, melt butter over medium heat. Add onion and cook, stirring occasionally, until translucent, about 4 minutes. Add broccoli, sprinkle with salt, pepper & garlic powder and cook, stirring occasionally, until just tender, about 6 minutes longer.

2. Preheat oven to 375 °. In a medium bowl whisk together eggs; season with additional salt and pepper. Add in roasted red pepper and parm cheese and mix to incorporate. Pour mixture into greased baking dish or pie pan and sprinkle bacon over the eggs, then dot surface with feta. Bake for 35 minutes. Cut into wedges and serve hot or at room temperature.