

# Italian Inspired Frittata



**PREP TIME:**  
10 MINUTES

**COOK TIME:**  
40-45 MINUTES

**TOTAL TIME:**  
50-55 MINUTES

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Recipe type: Gluten Free / **Dairy Free Option**

Yield: 6-8 Servings

## Ingredients:

- 2 TBSP Avocado Oil (Separated)
- 1 Medium Red Onion – Diced
- 1 Medium Sweet Potato
- 1 Medium Red Pepper – Diced
- 2 oz. Prosciutto (Nitrate/Nitrite Free) Chopped
- 1 Cup Organic Greens (Choice of Spinach/Kale/Chard/Arugula)
- 8 Large Organic Eggs
- ¼ Cup Organic Coconut Milk
- 1 Teaspoon Himalayan Sea Salt
- 1 Teaspoon Garlic Powder
- Cracked Black Pepper to Taste
- ¼ Cup Romano Cheese – Chopped
  - **Dairy Free Option:** Substitute ¼ Cup Nutritional Yeast

## Equipment:

- Iron Frying Pan or Oven Safe Non-Stick Pan

## Instructions:

1. Preheat oven to 425 degrees. Place diced sweet potato and onion in medium mixing bowl. Add a pinch of salt and 1 TBSP of avocado oil. Mix until coated with oil.
2. Line a baking sheet with parchment paper. Pour potato mixture onto baking sheet and evenly distribute.
3. Roast for 20 minutes. **Lower oven temperature to 350 degrees. Set aside.**
4. In the meantime, add all eggs to a medium sized mixing bowl. Pour in coconut milk, salt, garlic powder and cracked black pepper to taste. Whisk until combined. **Set aside.**
5. In an iron frying pan (or oven safe pan), add the remaining avocado oil and warm on medium. Be sure pan is coated with oil – spreading up sides of pan. Add peppers to pan and cook until begin to soften, about 4 minutes. Add the chopped prosciutto and cook another 2-3 minutes. Remove from heat.
6. Next add greens to pan, just until start to wilt – about 1 minute.
7. Evenly pour in egg mixture to frying pan, then add the roasted sweet potatoes, onions & cheese.
8. Place in 350-degree oven for 20-25 minutes. Remove from oven and cool 5-10 minutes before serving.

**\*Try and use all organic ingredients if possible.**

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