

# BRUSSELS SPROUTS AND SWEET POTATO FRITTATA

Serves: 5 servings

Total time: 30-40 minutes

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## Ingredients

- ¼ small onion, chopped
- 2 cups Brussels sprouts, quartered
- 1 small sweet potato, diced small, skin-on optional
- 10 eggs (or more, see notes)
- Salt and pepper
- Other seasonings to taste



## Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Drizzle olive oil in a large, oven-proof skillet over medium heat. When oil is hot, add onion and cook for 2-3 minutes to soften. Add sprouts and potatoes. Increase heat to medium-high. Cover skillet with a lid and cook for 15-20 minutes or until vegetables are softened, tossing every 5 minutes.
3. While the vegetables are cooking, in a large bowl, beat eggs with a fork. Add a splash of water, salt and pepper to taste, and beat again until well blended.
4. Once the vegetables are softened, add the egg mixture to the skillet. Stir to mix eggs and vegetables.
5. Place skillet in the oven and bake 10-15 minutes until the eggs are set in the center.
6. Remove from the oven and let cool. Slice the frittata in the pan or on a cutting board.
7. Store leftovers in a sealed container in the refrigerator for up to a week.

### Notes:

- The portions of veggies and eggs in this recipe equals five servings for the average female. If you are a male, increase the veggies and eggs by at least 50% to get five days worth of servings.