

roasted butternut squash and sausage frittata

SERVES 2

RECIPE ADAPTED FROM: [Cook Eat Paleo](#)

COOK TIME: 15 minutes

- 1 tsp olive oil
 - 3 ounces cooked homemade sausage, crumbled
 - ¼ cup onion, diced
 - ¼ cup red bell pepper, diced
 - ½ cup butternut squash, roasted and cubed
 - 3 large eggs
 - 2 tsp mixed fresh herbs (or ½ tsp dried)
 - Sea salt and pepper, to taste
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PREHEAT broiler.

BEAT eggs, salt, pepper and herbs until well-combined.

ADD olive oil to 10-inch oven-proof skillet and sauté onions and peppers until soft.

ADD sausage and squash and cook until heated through.

POUR eggs over mixture and cook until edges start to set.

BROIL until frittata is puffed and eggs are cooked through, 3-5 minutes.

MAKE IT A MEAL: Enjoy on its own or served with fruit or roasted potatoes.

