

## Fast and Simple Frittata

### Special Notes:

- You can include any vegetables in this dish that you like or happen to have on hand. You can spice it up by adding fresh jalapeno peppers, make it more earthy by adding mushrooms, or change the flavor based on the cheese you use in the dish. Feel free to be creative!
- If you add additional vegetables, make sure to add them to the skillet based on how long they need to cook, starting with those that require the most time to cook.
- For each cup of extra ingredients added, you will need to add an additional egg and 2 tablespoons of whipping cream. You will also need to increase the cooking time.
- A large cast iron skillet is the perfect pan to use, but you can use any oven safe dish.
- If you are using extremely salty meat, you may want to eliminate the ½ teaspoon of salt.
- This dish pairs well with a green salad.

### Ingredients

- 7 Eggs
- ½ cup heavy whipping cream
- ½ teaspoon salt
- 1 teaspoon pepper
- 1 cup diced ham or sausage
- 5 slices of bacon cut into small pieces
- 1 cup diced onion
- ½ cup of red bell pepper (any color works)
- 4-5 cups spinach
- ¾ cup shredded cheese
- Green onions

### Instructions

1. Preheat the oven to 375 degrees.
2. In a large bowl, mix the eggs, heavy whipping cream, salt, and pepper.
3. In a cast iron skillet or other oven safe dish, cook the meat on the stove top. Remove the meat and set aside.
4. Add the onions and peppers to the same pan and cook until tender. If you do not have enough grease add a small amount of oil to the pan before adding onions and peppers.
5. Add the spinach and cook until wilted.
6. Place the meat back into the pan.
7. Add the egg mixture and cheese to the pan and stir everything together.
8. Cook for 15-20 minutes. Remember the more meats and vegetables you add, the longer you need to cook the dish.
9. Sprinkle the green onions on the top and serve with toast, biscuits, fruit, etc.

