



BLT Frittata - S

Holiday brunches and busy weeknight dinners can be saved as long as you have some bacon, veggies, and eggs in your house. A frittata is basically a crustless quiche cooked in a skillet and then finished in the oven. It's super quick and inexpensive. You'll need an oven-safe skillet for this. By the way, "BLT" here stands for "bacon loves tomato." The two really are a perfect match. Pair this frittata with a side salad and you'll have your lettuce, if you'd rather go with the traditional meaning.

Owing to our religious beliefs, we use turkey rather than pork bacon here, but that is totally your choice. But, say that you have a picky eater or two in your home—one doesn't like tomato, the other doesn't like bacon. Hold on... doesn't like bacon? Like that's going to happen! Just in case it does, though, this basic recipe can be the foundation for your own creation. Once you have your eggs, cheese, and seasonings, use or don't use the frittata ingredients as you wish...whatever your heart desires. Some additions are spinach, mushrooms, yellow squash, asparagus, or sausage.

Serving Size: Family-serve; Serves 6 to 8

INGREDIENTS:

- 6 ounces bacon slices, diagonally cut into large bite-size pieces
- 12 large eggs
- 2 cups grated cheese of choice
- 1 (8-ounce) package baby tomatoes, sliced in half
- 1/2 medium onion, diced (optional)
- 1/4 teaspoon Mineral Salt
- 1/4 teaspoon black pepper
- 1 teaspoon dried parsley

INSTRUCTIONS:

1. Preheat the broiler. Cook the bacon pieces in a large oven-safe skillet until slightly crisp (if using pork bacon, drain off most of the grease after cooking), then remove from the heat.

(Recipe Continued...)

(*BLT Frittata*, Continued...)

2. Whisk the eggs in a large mixing bowl until light, then add the cheese, tomatoes, and onion (if using). Stir in the salt, pepper, and parsley, and combine well. Pour the egg mixture into the skillet with the bacon, then put the skillet back over medium heat. Cover and cook for about 5 minutes, or until the egg mixture is just setting around the sides.
3. Place the skillet in the oven, uncovered, and broil for 3 to 5 minutes, until lightly browned on top. Keep a good eye on it because these few minutes go fast and you don't want to end up with a dark brown frittata.

This is a NSI (no special ingredients) recipe.



The *BLT Frittata* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com