



# Frittata

BY KETO KATZ



## Servings & Macros

Serves: 8  
Carbs: 2 g, Protein: 12 g, Fat: 18 g,  
Fiber: 0 g, Sugar Alcohol: 0,  
**Net Carb: 2 g**, Calories: 218 kcal

## It's Quick!

Prep time: 10 min  
Cook time: 15-20 min

## Let's Get Involved

**Instagram**  
[https://www.instagram.com/keto\\_katz\\_](https://www.instagram.com/keto_katz_)  
**Sign up for emails:**  
[keto-katz@mailchimp.com](mailto:keto-katz@mailchimp.com)

## Ingredients

- 8 eggs, scrambled
- 1 cup veggies of choice, chopped or in chunks (more or less is fine)
- 1/2 cup cubed ham (opt.)
- 1/2 onion, chopped (opt.)
- 1 cup of cubed cheese chunks, 3/4 cup (opt.) shredded cheese or feta
- olive oil
- salt and pepper to taste

## Instructions

1. Pre-heat your broiler oven to high
2. Get your best non-stick pan, put heat on medium, and coat with olive oil.
3. Saute your onions and cup of veggies until tender. Salt & pepper to taste. Veggies will continue cooking while the eggs cook, but not a lot, so don't stress. If your veggies are already cooked, skip this step and just mix them in with everything else in #4. (This is a dish where it will still taste good whether the veggies are slightly crunchy or overcooked. Screwing up isn't likely, no matter how tarnished your history.)
4. Meanwhile, scramble your eggs in a bowl, lightly salt and pepper. Fold the cheese and ham in to the egg mix. (David!)
5. When veggies are at the point you're happy with (unless you're never happy), add the egg/cheese mix and make sure it's coating each veggie piece. Continue cooking until the edges look like they're cooked, you can peek gently underneath too.
6. Then put your pan under the broiler, fairly close, and check every few minutes to see when it's golden brown and done!
7. Check with a knife to make sure no egg is raw in the middle.

frittata ingredients are very flexible- everything is optional! Adjust macros in your app as needed!

