

# "Bacon" Spinach Potato Frittatta



PREP TIME

5 mins

COOK TIME

50 mins



COURSE

Breakfast, Gluten Free



SERVINGS

2

CALORIES

398 kcal

## INGREDIENTS

- 12 oz baby red potatoes halved
- 6 slices tempeh bacon (like Tofurky brand)
- 1 medium onion chopped
- 2 c chopped spinach
- 1 c cherry tomatoes halved
- 2 bottles Just Egg shaken well
- salt and pepper to taste

## INSTRUCTIONS

1. Preheat your oven to 350°F/177°C.
2. Place the potatoes in a medium saucepan with just enough lightly salted water to cover them. Bring to a boil over medium-high heat and then lower heat to a simmer and allow to cook until barely tender, about 10 minutes. Drain and set aside.
3. While the potatoes cook, place the tempeh bacon in a large ovenproof skillet and cook until browned, about 6-8 minutes. Remove from skillet.

4. Add the onion and tomatoes to the skillet and sauté for 5-6 minutes, until they begin to soften. Add the spinach and let cook 2-3 minutes, until it begins to wilt. Stir in the cooked potatoes and tempeh bacon, and lower the heat to medium-low.
5. In a medium bowl whisk the Just Egg, along with  $\frac{1}{4}$  tsp each salt and pepper. Pour the "egg" over the potato mixture in the skillet. Allow to cook over medium heat for about 5 minutes so the bottom begins to set.
6. Place the skillet in the oven and let cook for about 30 minutes, until the Just Egg sets. Remove from the oven, cut into wedges and serve. Delicious!

## NUTRITION

### Nutrition Facts

"Bacon" Spinach Potato Frittata

#### Amount Per Serving

**Calories** 398      Calories from Fat 183

#### % Daily Value\*

**Fat** 20.3g      31%

**Carbohydrates** 27.3g      9%

**Protein** 25.4g      51%

\* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!