Quick Frittata with Tomatoes and Cheese

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Frittata is a tasty and convenient summer dish. It takes just a few minutes to prepare and can be served either hot or cold. It's also a great way to use leftover vegetables, cheese, sausages or bacon. It makes 2 servings but you can always double or triple the batch and store it in the fridge for up to 5 days. This recipe is made with feta cheese, fresh herbs and tomatoes.

INGREDIENTS

* 6 large eggs, free-range or organic
* ½ medium white onion (55 g / 1.9 oz)
* ⅔ cup soft cheese like feta, crumbled (100 g / 3.5 oz)
* ⅔ cup cherry tomatoes, halved (100 g / 3.5 oz)
* 1 tbsp [ghee](https://amzn.to/1Mf2SAu) (you can [make your own](https://ketodietapp.com/Blog/post/2013/08/07/Save-Carbs-Using-Infused-Ghee))
* 2 tbsp freshly chopped herbs such as chives or basil
* salt to taste (I used [pink Himalayan](https://amzn.to/1MeW31Q))
* freshly ground [black pepper](https://amzn.to/1Ktwef5)

INSTRUCTIONS

1. Preheat the oven (or ideally broiler if you have it) to 200 C / 400 F. Peel and slice the onion. Place on a [hot pan](https://www.amazon.com/gp/product/B00006JSUB/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00006JSUB&linkCode=as2&tag=ketblo-20&linkId=FOTX5X6QBDZV2URJ&title=hot%20pan) greased with ghee and cook until lightly browned.
2. Crack the eggs into a bowl and season with salt and pepper. Add finely chopped herbs (I used chives) and whisk well.
3. When the onion is browned, pour in the eggs and cook until you see the edges turning opaque.
4. Top with the crumbled cheese and halved cherry tomatoes. Place under the broiler and cook for 5-7 minutes or until the top is cooked. Remove from the oven and set aside to cool down. Serve immediately or store in the fridge for up to 5 days.

