

## Bacon, Leek, Mushroom and Sweet Potato Frittata

4 strips of Bacon (sugar-free, I love [Pederson's Natural Farms](#))

1 - large leek or 2 small, slice leek in half, clean both sides under water and then cut each side into slices (they should look like half moons)

5 - mushrooms, sliced

1 - small sweet potato, slice and then cut in half

1 cup broccoli, chopped into small pieces

6 eggs, beaten

1/4 tsp salt

1/4 tsp of pepper

1 TBSP of fresh chives, chopped

Preheat oven to 375 degrees

Serves:4

Chop the bacon into pieces and cook in a pan over medium heat. Remove bacon bits once cooked and put on a paper-towel lined plate to drain. Remove excess bacon grease, leaving about 1 TBSP worth of grease in pan. Return to the heat and add the leeks, mushroom and potatoes. Cook for approx. 6 to 8 minutes. Return bacon bit to pan and mix thoroughly.

Grease a 9 x 9 square pan and place the bacon/potato mixture into bottom of pan. Pour the beaten eggs on top and place in the oven. Cook for 25-28 minutes or until the edges are slightly brown and the egg is completely set in the middle.

Cut into 4 servings. Refrigerate and reheat a service each morning for breakfast. Serve with avocado and some mixed berries.

Calories: 194

Fat 9.4g

Carbs 13.1g

Protein 13.8 g

STRICT 30 APPROVED & GLUTEN-FREE