

# Sausage Frittata



Serves 4

Ingredients:

- 1 tablespoon olive oil
- 1/2 pound mild turkey sausage
- 1 large sweet potato, diced
- 1/4 cup diced onion
- 1/2 cup water
- 1/4 teaspoon dried sage
- 1 1/2 cups coarsely shredded baby spinach
- 4 eggs

Adapted from Chow Bella Paleo

- salt and pepper, to taste

Instructions:

1. Preheat oven to 350°F.
2. In a 10-inch oven-proof skillet, heat the oil over medium heat. Brown the sausage.
3. Add the potato and onion and sauté until there is no moisture left in the pan. Add the water, sage, and some salt and pepper and cover with a lid and cook until the potato is tender, about 20 minutes.
4. Add the spinach and allow to wilt completely. Meanwhile, whisk the eggs in a small bowl. Pour the eggs over the meat and vegetables and allow the eggs to set along the bottom (but not browned). The middle does not need to set because it will be finished in the oven.
5. Bake the frittata for 5-10 minutes or until the center is set. Remove from the pan and cut into wedges.



Nutrition per serving: Calories 258; Total Fat 14.7 g; Saturated Fat 3.4 g; Monounsaturated Fat 6.2 g; Polyunsaturated Fat 2.6 g; Total Carbohydrates 9.6 g; Dietary Fiber 1.5 g; Sugar Alcohols 0.1 g; Sugars 2.6 g; Protein 20.9 g; Sodium 490 mg