



Vegetable Quinoa Frittata

Ingredients:

coconut oil

1 Cup Onion, diced

1 Cup Baby Bella Mushrooms, sliced

1 Cup Plum Tomatoes, diced

Salt and Black Pepper to taste

8 Eggs, whisked

1 Cup Quinoa, cooked

2 Cups Spinach, chopped small

Directions:

Preheat oven to 350 degrees.

Add coconut oil to a medium sauté pan and sauté onions until translucent.

Add mushrooms, tomatoes, salt and pepper and cook until vegetables become soft.

Pour scrambled eggs over mixture and let them cook halfway through. When halfway done, sprinkle quinoa all around and top with a layer of spinach.

Press the spinach down so egg flows through to the top.

Salt and pepper and put it in the oven and cook until fluffy.

Serve and Enjoy! YUM!