

Caprese Frittata

THM-Friendly: S

- 8 eggs
- 1/4 cup heavy cream or half-and-half
- 1/4 cup fresh basil, chopped/torn or 1 Tbsp. dried basil
- 1 tsp. mineral salt, divided
- 1/2 tsp. pepper
- 2 Tbsp. avocado oil or olive oil
- 1/4 lb. fresh mozzarella, sliced
- 2 Tbsp. coconut oil
- 1 pint cherry or grape tomatoes
- 1-2 Tbsp. balsamic vinegar



Combine eggs, cream, basil, half the salt, and the pepper in a large bowl. Combine well with whisk.

Set the broiler to high or preheat your oven to 425 degrees. Heat olive oil or avocado oil in a large cast-iron (or oven-safe) skillet over medium-high heat. When hot, add the egg mixture and cook for 2 minutes. Run a spatula around the edges to keep the eggs from sticking. Turn off the heat for one minute.

Place sliced fresh mozzarella on top of the eggs and place the skillet in the oven. Broil on high for 2-3 minutes or bake for about 5 minutes at 425, or until the eggs are just set. Remove from the oven and let begin to cool.

While the frittata is cooking, heat the coconut oil in a small pan. Add the tomatoes and blister them for five minutes (just starting to burst). Turn the heat down. Add the rest of the salt and the balsamic; stir and reduce for another minute.

Spoon the tomatoes on top of the frittata and serve.

For a Greek version: replace the basil with fresh spinach, the mozzarella with feta, and add some olives and/or capers.

enJOY!

