



ROASTED RED PEPPER & BASIL FRITTATA

Prep time: 20 minutes, Cook time: 30 minutes

Serves 6

- 1/2 cup quinoa, rinsed and drained
- 1 cup water or broth
- 1 dozen pasture raised eggs
- 1/2 cup roasted red peppers, chopped
- 1/4 cup pesto or half bunch of chopped fresh basil
- 1 package turkey bacon
- 1/3 bunch kale, well chopped
- 3 teaspoons sea salt
- 1 teaspoon pepper

Preheat oven to 375 degrees.

Put rinsed quinoa and water in medium sauce pan and bring to boil. Reduce to simmer with lid on until cooked, 10 to 15 minutes. Remove from heat and set aside to cool.

While the quinoa cooked, chopped and cook the turkey bacon in a saute pan. You may need a drizzle of oil to help it fry.

In a large mixing bowl, whisk eggs, roasted red peppers, pesto or basil, turkey bacon, salt and pepper; set aside. Stir in quinoa and kale.

Grease a 12 cup muffin tin and divide the frittata evenly into each cup. Bake for 30 minutes until golden and firm.

Enjoy breakfast all week long!