



Turkey & Veggie Frittata

2 Cups Sautéed Fresh Spinach
1 tsp Coconut Oil
6 Pasture Fresh Eggs (can substitute with any fresh egg)
¼ Cup Water
¼ lbs of Cooked Ground Turkey
½ Cup of Fresh Pico de Gallo (can use fresh salsa)
¼ Cup of Feta or Goat Cheese, Crumbled
Salt and Pepper to Taste

Preheat oven to 350.

Coat pie plate bottom and sides lightly with coconut oil. Evenly distribute sautéed spinach in bottom of pie plate. Add turkey, Pico de Gallo, and Feta in even layers to pie pan. In a bowl whisk 6 eggs and water together, slowly pour into the pie plate with rest of ingredients.

Bake 30 minutes until firm.

Serves 4

Recipe by: Nourishing-Transformations.com