



BACON AND SPINACH FRITTATA

THE LOW-CARB CREED BY
SALLY-ANN CREED

Ingredients

- 30ml of butter
- 100g of streaky bacon chopped
- 200g spinach, shredded
- 4 spring onions, sliced
- 4 eggs
- Salt and pepper to taste

Method



1. Melt the butter in a pan, and then add the bacon and fry until cooked.
2. Add the spinach and allow it to wilt, along with the sliced spring onions.
3. Beat the eggs and season with salt and pepper, pour the egg mixture into the pan.
4. Cook over a lower heat until the egg at the bottom of the pan has set.
5. You can put a lid on your pan and complete cooking on the stove, or put the pan under the grill to complete cooking.

VARIATIONS

- Chorizo with spinach or kale.
- Shredded cooked chicken and broccoli.
- Mince and any leftover vegetable.
- Cabbage with bacon (leftover cooked cabbage is perfect).
- Any combination of vegetables, fresh or leftover.
- Add cheese to the frittata: feta, Cheddar and blue cheese are all delicious.
- Tuna with any combination of vegetables you like.
- Mushroom and asparagus.