

Mushroom-Onion Frittata

1 dozen eggs
2 TB each unsalted butter and olive oil
1 tsp each ground black pepper and dried basil
½ cup minced fresh parsley
12 oz white mushrooms, sliced
210g yellow onion, diced
120g seeded red tomatoes, diced
1 cup shredded Mexican-blend cheese
½ cup grated Parmesan cheese

Preheat oven to 350 degrees Fahrenheit.

Heat butter and olive oil in large cast-iron skillet until butter melts and oil is hot. Sauté mushrooms and onions in pan over medium-high heat until onions clarify and mushrooms begin to sweat.

Scramble eggs, pepper, basil and parsley together in a large bowl. Pour egg mixture over onions and mushrooms to cover all. Cook for three minutes on stovetop. Sprinkle tomatoes throughout pan. Sprinkle shredded cheese on top of pan, then sprinkle Parmesan over all. Put pan in 350-degree oven and bake for 20-25 minutes or until edges have begun to brown and a toothpick stuck in the center comes out clean.

Remove pan from oven and allow to rest for five to six minutes before serving.

Serves 4.

Nutrition Information per serving:

Calories: 550

Fat: 40g

Cholesterol: 625mg

Sodium: 697mg

Carbs: 16g

Sugars: 5g

Fiber: 5g

Net Carbs: 11g

Protein: 34g