

Frittata Casserole

This Frittata Casserole is an easy Whole30, Lowcarb and Paleo recipe made with eggs, broccoli, onion, red pepper, coconut cream, mushrooms and ham. This make-ahead breakfast casserole is the perfect healthy breakfast or weekend brunch.

Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30-40 minutes

Servings 6 servings

Calories 188 kcal

Ingredients:

- * 6 large eggs (room temperature)
- * 1/3 cup coconut cream (the cream is on the top of can)
- * fine sea salt & black pepper, to taste
- * 1 and 1/2 cup cooked or frozen broccoli florets chopped □
- * 1/2 cup chopped ham, sub with your favorite protein or leave out for vegetarian
- * 1 cup sliced white button mushrooms
- * 2 TBs onion chopped
- * 2 TBs red pepper chopped
- * 6 cherry tomatoes sliced in half, vertically

Directions:

- Preheat oven to 350 F degrees.
- Crack eggs into medium-sized bowl.
- Add coconut cream and season with salt and pepper.
- Whisk until well-combined. Stir in broccoli, onion, ham, mushrooms and tomatoes.
- Spray a 8x12 pan with avocado or coconut oil cooking spray.
- Pour egg mixture then top with more tomatoes.
- Bake for 20-30 minutes, or until eggs are set and not jiggly. Remove from oven once edges of casserole are golden brown.