

Sweet Potato Frittata

Serves 4

INGREDIENTS:

3/4 lbs. sweet potatoes, diced
1 red pepper, diced
1 green pepper, diced
1 onion (preferably red), diced
2 tablespoons olive oil
4 eggs, lightly beaten
kosher salt to taste

DIRECTIONS:

In small pot, cover sweet potatoes with cold water and bring to a boil. Cook just until tender, about 5 minutes. Drain.

Meanwhile, sauté the veggies with one tablespoon of the oil until they start to brown, about 5-7 minutes. Reduce the heat to medium. Pour in the eggs and tilt skillet to distribute evenly.

Cook until the eggs are almost set, 3-4 minutes. Put frittata under the broiler until brown and set on top.

Found on Grasshopper Delivery's Website