

Sausage and Butternut Squash Frittata

From – *cookeatpaleo.com*

1 Tbsp bacon fat, duck fat or fat of choice
3 oz cooked sausage, chopped or crumbled
¼ cup onion, diced
¼ cup red pepper, diced
½ cup butternut squash, cubed and roasted
3 large eggs
2 tsp mixed fresh herbs (or ½ tsp dried)
sea salt and pepper to taste

- Preheat broiler.
- Beat eggs, salt and pepper and herbs until well-combined.
- Add fat to 10-inch oven-proof skillet and sauté onions and peppers until soft.
- Add sausage and squash and cook until heated through.
- Pour eggs over filling and cook until edges start to set.
- Put pan in oven and broil until frittata is puffed and brown on top, 3-5 minutes.



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