

Sausage and Onion Frittata

Serves 1

30 Fat

20mins Cook Time

29.1 Protein

5.1 Carbs

408.5 Calories

Ingredients

- 2 ounces pork sausage
- 1/4 cup chopped onions
- 3 eggs, beaten
- Salt and pepper

Directions

1. Heat a small nonstick skillet over medium heat. Add the sausage and onions and cook until onions are soft and sausage is browned. Season with salt and pepper.
2. Add the eggs and cover for about 8 minutes, until eggs are set.
3. Slide onto a plate, slice into wedges and serve.

