

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Quick Frittata with Tomatoes and Cheese

From [www.ketodietapp.com](http://www.ketodietapp.com)

6 large eggs, free-range or organic  
½ medium white onion  
⅔ cup soft cheese like feta, crumbled  
⅔ cup cherry tomatoes, halved  
1 tbsp butter or ghee  
2 tbsp freshly chopped herbs such as chives or basil  
salt to taste (I used pink Himalayan)  
freshly ground black pepper

1. Preheat the oven broiler.
2. Peel and slice the onion. Place in a hot pan greased with ghee and cook until lightly browned.
3. Crack the eggs into a bowl and season with salt and pepper. Add finely chopped herbs and whisk well.
4. When the onion is browned, pour in the eggs and cook until you see the edges turning opaque.
5. Top with the crumbled cheese and halved cherry tomatoes.
6. Place under the broiler and cook for 5-7 minutes or until the top is cooked. Remove from the oven and set aside to cool down.
7. Serve immediately or store in the fridge for up to 5 days.