

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Tomato Frittatas

From www.civilizedcavemancooking.com

You can pretty much use any ingredient you would normally like in a regular omelet/frittata for this recipe.

4 tomatoes
4 eggs
4 pieces of nitrite-free bacon, cooked and diced
1 Tbsp ghee
Salt and pepper to taste
Fresh arugula to garnish

1. Preheat the oven to 425° F.
2. Cut the tops of the tomatoes off.
3. Using a paring knife or spoon or fork, clean out the entire inside of the tomato, you want to pretty much have a tomato ramekin.
4. Season tomatoes with salt and pepper to taste.
5. Evenly spread your diced bacon throughout the tomatoes.
6. Scramble your 4 eggs in a bowl, with salt and pepper to taste, or you can individually crack a whole egg in each one if you would like it poached. If you scramble them, evenly divide the eggs between the tomatoes.
7. Place the tomatoes in a Pyrex baking dish and bake for 40-50 minutes or until your eggs are fully cooked through.
8. Place on a plate, garnish with arugula and enjoy.