

Butternut Squash and Leek Frittata

By: Louise McGill RHN

The eggs in this complete meal Frittata are a good source of the B vitamin, choline, which is necessary for optimal cell function and memory, as well as reducing inflammation. Combining eggs with vitamin rich spinach, squash, and leeks makes this dish a real winner for your health and taste buds!

You can easily double the recipe to serve four. Be cautious with the chili flakes though, unless everyone really likes it spicy.

Serves 2: Glass loaf pan (8 x 4 x 2 ½ in)

Ingredients:

¼ cup leeks, rinsed thoroughly and finely chopped
½ cup butternut squash (or sweet potato), cut into bite size cubes
1 tsp curry powder, mild or hot
¼ tsp chili flakes
¼ tsp turmeric
½ tsp salt
4 eggs
spinach, about a handful
coconut oil, for the pan

Directions:

- Preheat oven to 350 degrees F. Grease the loaf pan with coconut oil. If you are doubling the recipe, then use an 8 x8 glass dish.
- Place chopped leeks, cubed butternut squash and spinach on the bottom of the loaf pan.
- Whisk eggs, curry powder, chili flakes, turmeric and salt together in a small bowl.
- Pour over other ingredients in loaf pan.
- Bake for 25 minutes or until eggs are set.