

## Roasted Butternut Squash and Sausage Frittata

Makes 2 servings

Adapted from [Cook Eat Paleo](#)

### Ingredients

1 teaspoon olive oil  
3 ounces cooked chicken sausage, chopped or crumbled  
¼ cup onion, diced  
¼ cup red bell pepper, diced  
½ cup butternut squash, cubed and roasted  
3 large eggs  
2 teaspoons mixed fresh herbs (or ½ teaspoon dried)  
Sea salt and pepper, to taste



### Directions

1. Preheat broiler.
2. Beat eggs, salt and pepper and mixed herbs (I used parsley and thyme) until well-combined.
3. Add olive oil 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.
4. Put pan in oven and broil until frittata is puffed and brown on top, 3-5 minutes.

**Nutrition Information per Serving:** Calories 261, Fat 15g, Saturated Fat 3.7g, Cholesterol 322mg, Sodium 260mg, Carbohydrates 10.5g, Fiber 1g, Protein 19g