

# Summer/Anytime Sheet Pan Frittata

September 2020--[Every Last Bite.com](http://EveryLastBite.com)-- *This Summer Frittata is Paleo, Whole30, Keto, Grain Free, Gluten Free, Dairy Free and Specific Carbohydrate Diet Legal*

Prep Time 10 mins--Cook Time 40 mins Dairy Free, Gluten Free, Grain Free, Paleo, Specific Carbohydrate Diet Legal, Servings 8-----Calories 95 kcal  
Calories: 95kcalCarbohydrates: 4gProtein: 5gFat: 7gSodium: 143mgFiber: 1gSugar: 2g

## Ingredients

- 2/3 cup cherry tomatoes
  - 8 asparagus spears
  - 1 medium sized zucchini
  - 6 slices bacon
  - 1 tbsp olive oil
  - 6 eggs
  - 1/2 cup coconut milk
  - 1 tsp dijon mustard
  - 1/4 tsp salt
  - 1/4 tsp pepper
  - 2 tbsp chopped chives
  - 2 tbsp chopped parsley
  - 1/3 cup peas
- Preheat the oven 375 degrees Fahrenheit (150 degrees Celsius)
  - Cut the zucchini in half lengthwise and then cut into 1/4 inch thick half moon pieces. Cut the asparagus spears into 1-2 inch long pieces.
  - Place the cherry tomatoes, bacon, asparagus and slices of zucchini on a 13x9 inch sheet pan. Drizzle the vegetables with olive oil and place in the oven to bake for 20 minutes or until the bacon is crisp and the zucchini and asparagus are tender.
  - In a bowl whisk together eggs, coconut milk, dijon mustard, salt, pepper, chives & parsley.
  - Chop the bacon into small pieces and arrange them evenly only the sheet pan with the veggies so that everything is evenly dispersed around the tray. Scatter the peas around the veggies on the tray and then pour the egg mixture ovetop. Return sheet pan to the oven and bake for 20 minutes until the egg has fully set.
  - Cut frittata into large squares, garnish with more chopped chives before serving

## Tips for Making This Sheet Pan Frittata

- **Make sure that the sheet pan is well oiled!**
- **Squish the tomatoes:** Once they have cooked,press with a fork to remove excess liquid
- I like to remove all of the veggies/bacon from the sheet pan once they are cooked, pour in the egg mixture and then arrange the veggies and bacon on top. This ensures that after baking the veggies are still visible on top.
- **Cut down prep time:** cook veggies a day in advance so eggs just need to add and bake
- **Ways to Modify this Sheet Pan Frittata**
  - **Switch up the milk:** almond milk or any other milk of choice.
  - **Make individuals:** Divide filling and egg mix between 6 muffins--bake 20 mins
  - **Use leftovers:**roasted veggies include peppers, green beans, broccoli or red onion