Broccoli, Brunch, Brunch/Breakfast, Cheese, Entree, Low Carb, Meat, Oven Baked

Sheet Pan Frittata with Bacon, Broccoli & Cheese

https://alldayidreamaboutfood.com/keto-sheet-pan-frittata/
Adapted slightly from All Day I Dream about Food blog, 2020



6 pieces thick-sliced bacon, chopped then cooked crisp, drained on paper towels
2 cups fresh broccoli, chopped, or you can use frozen, thawed
6 ounces Colby cheese, cut into small cubes, about 1/4" (or cheddar or Jack)
12 large eggs
3/4 cup whole milk ricotta cheese, Polly-O brand, if possible
3 cloves garlic, minced
1 teaspoon salt
1 teaspoon freshly ground black pepper

Per Serving (excluding unknown items): 331 Calories; 24g Fat (66.1% calories from fat); 21g Protein; 7g Carbohydrate; 2g Dietary Fiber; 324mg Cholesterol; 727mg Sodium; 2g Total Sugars; 2mcg Vitamin D; 268mg Calcium; 2mg Iron; 419mg Potassium; 358mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 8

NOTE: optionally, add shredded Parmigiano-Reggiano on the top before baking.

1. Preheat the oven to 375°F. Lightly grease a 15×10 sheet pan and line with parchment. Spray or grease the parchment.
2. Cook the bacon and drain on paper towels while you prepare the rest of the frittata.
3. Scatter the pan as evenly as posisble with the chopped broccoli and cubed cheese.
4. In a blender or food processor (or use a stick blender with the ingredients in a bowl), combine the eggs, ricotta, garlic, salt, and pepper. Blend on high until well combined. Pour over the broccoli and cheese. Sprinkle the top with chopped bacon.
5. Bake 20 to 25 minutes, until the frittata is cooked through in the center and firm to the touch. Remove and let cool 5 minutes before cutting into squares or rectangles to serve. A serving is a pretty large rectangle since the frittata is quite thin.