

# NOURISH

holistic health & nutrition

## *Caramelized Onion, Bacon and Gruyere Frittata*

Prep: + Cook Time: 1 ½ hours      Servings: 8

### ***Ingredients***

- 2 whole yellow onions, sliced
- 2 tbsp grass-fed butter (1 tbsp extra to grease pan)
- 8 slices nitrate-free bacon OR ½ cup nitrate-free breakfast sausage
- 10 whole cage-free eggs
- 1 ½ cup organic, heavy cream
- sea salt and pepper, to taste
- 1 ½ cups grated gruyere cheese

### ***Instructions***

1. Melt butter in a frying pan on medium-high heat. Add the onions and cook for 20-25 minutes. Stir occasionally until the onions are a deep, golden brown. Turn off heat and leave in pan.
2. Fry the bacon until chewy or brown sausage. Chop into large bite-sized pieces and set aside to cool.
3. Preheat the oven to 400 degrees. Grease a pie pan with butter.
4. Whip the eggs, cream, salt and pepper in a large bowl, then mix in the onions, bacon, and cheese. Pour the mixture into the pie crust.
5. Place the frittata on a rimmed baking sheet and bake it for about 45-60 minutes. The middle of the frittata may give a slight jiggle when moved but this will set once you remove the frittata from the oven.
6. Remove from the oven and allow to sit for 10 to 15 minutes.