

# Naked Burrito Frittata

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SERVINGS: 4

## TIP

If a can of diced tomatoes and green chiles is not available at your grocer, you may use 3/4 C. canned diced tomatoes (drained) and 1/4 C. canned diced green chiles (drained).

## NUTRITION INFO

Calories — 232	Fat — 14 g	Protein — 20 g
Carbs — 5 g	Fiber — 1 g	Net carbs — 4 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.

## TOPPINGS (OPTIONAL)

Avocado slices

Mexican crema or sour cream

Pico de Gallo or jarred salsa

Chopped green onion

## INGREDIENTS (FRITTATA)

8 oz. lean ground beef (or chicken or turkey)

1 T. taco seasoning

10 oz. can mild diced tomatoes and green chiles (I use Rotel® brand)

5 large eggs

1 T. heavy cream

½ C. shredded Mexican blend cheese or sharp cheddar

1 T. fresh chopped cilantro

Cooking spray

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Heat a medium frying pan over medium/medium high heat, add ground beef and sprinkle in taco seasoning; brown and drain any fat.
3. Spread ground beef evenly in a sprayed 9" glass pie pan.
4. Drain canned tomatoes and chiles and spread evenly over ground beef.
5. Whisk heavy cream and eggs until lightly beaten; stir in cheese and pour over the top of meat mixture. Sprinkle with cilantro.
6. Bake 25 minutes or just until center of casserole is set and middle just slightly jiggles, it will continue to bake out of oven. Do not over bake, or eggs will go from tender to tough and dry.
7. Cut in wedges and serve with toppings.