

# Sauerkraut Frittata



## INGREDIENTS | 🍴 4 servings

- 1 medium onion, thinly sliced
- 2 **tbsp** olive oil
- 6 large eggs
- 1/4 **tsp** salt
- 1/4 **tsp** black pepper
- 1/4 **tsp** nutmeg
- 3 cloves garlic, minced
- 1 1/2 **c** sauerkraut
- 2 **tbsp** butter
- 2 **tbsp** parmesan cheese (optional)

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Sauté the onion slowly in 1 tablespoon of olive oil until caramelized. Set aside.
3. Crack the eggs into a large bowl. Add the salt, pepper, nutmeg, the remaining tablespoon of oil and the minced garlic. Beat lightly.
4. Gently squeeze the kraut to remove most of the liquid. Stir the kraut and the caramelized onion into the eggs.
5. Heat a 10-inch ovenproof sauté pan over medium heat. Melt the butter in the pan. Turn off the heat and pour the egg mixture into the pan. Put the pan in the preheated oven.
6. Bake 20 to 25 minutes or until set.
7. Remove from oven and sprinkle with cheese if desired.

### NOTES

Optimize your gut health by making probiotics a part of your diet. If using store-bought sauerkraut in this recipe, consider using specialty sauerkraut that states it includes probiotics.