Savory Crab and Veggie Frittata

A protein-packed, low-carb frittata featuring fresh crab meat, colorful bell peppers, and vibrant spinach, perfect for a healthy, quick meal.

Servings: 2 **Time:** 30 minutes

Ingredients

- 6 large eggs
- 4 oz fresh crab meat
- 1/2 cup diced red bell pepper
- 1/2 cup diced yellow bell pepper
- 1 cup fresh spinach, chopped
- 1/4 cup shredded mozzarella cheese
- 1/4 cup chopped onion
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder

Instructions

1. Preheat oven to 375°F.
2. In a bowl, whisk eggs with salt, pepper, and garlic powder until smooth.
3. Heat olive oil in an oven-safe skillet over medium heat.
4. Sauté onion and bell peppers for 3-4 minutes until softened.
5. Add chopped spinach and cook for 1-2 minutes until wilted.
6. Stir in crab meat and cook for another minute.
7. Pour the whisked eggs evenly over the vegetables and crab in the skillet.
8. Sprinkle shredded mozzarella cheese on top.
9. Cook on stovetop without stirring for 3-4 minutes until edges begin to set.
10. Transfer skillet to the oven and bake for 10-12 minutes until fully set and lightly golden.
11. Remove from oven, let cool for 2 minutes, then slice and serve.

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