

Tomato and Leek Frittata

By Uplift Nutritionist

This IBS friendly frittata will leave you feeling satisfied without the bloat or indigestion often experienced by those with irritable bowel syndrome. By using low FODMAP ingredients, this frittata is a tasty and comforting recipe for anyone with or without IBS. Feed a crowd or store this dish in the fridge to have for breakfast all week!

Ingredients

- 4 teaspoons olive oil, divided
- 1 ½ cups chopped leek leaves
- 1 teaspoon sea salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 1 ½ cups grape tomatoes
- ¼ cup capers, rinsed and drained
- 12 eggs (or substitute drained and crumbled extra firm tofu for a vegan alternative)
- 2 ½ teaspoons dried herbes de Provence
- 2 ½ teaspoons dried thyme
- 5 ounces goat cheese, crumbled

Instructions

Preheat oven to 350°F.

Heat 2 teaspoons oil in a 10" ovenproof stainless or cast iron skillet over medium heat. Add leeks, ½ teaspoon salt, and ½ teaspoon pepper. Cook 5 minutes. Stir in grape tomatoes and capers. Cover and cook 3 minutes. Transfer to a small bowl.

In a medium bowl, quickly beat eggs with herbes de Provence, thyme, and remaining ½ tsp salt and pepper. Whisk until mixture is fluffy.

Heat remaining olive oil in the skillet. Add eggs, cooked tomato mixture, and goat cheese. Cook over medium heat 4 minutes. Transfer to oven; bake 15–20 minutes or until eggs are set. To check, cut a small slit in center of frittata.

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