

# Sweet Corn, Basil Butter Leek Frittata

Makes 2 servings |Time to prep: 10| Time to serve: 30 minutes

## INGREDIENTS

3 eggs, whisked  
4 Tb half and half  
1 leeks, washed and sliced into rounds  
1/2 ear of sweet corn, cut off cobb  
1 Tb butter  
4 Tb fresh basil, sliced thinly  
Salt and pepper

Whisk together eggs and cream and season with salt and pepper in a small bowl.

Sauté leeks and corn in butter in a large skillet until soft and beginning to caramelize over medium heat, about ten minutes. Season with salt. Add basil and stir to combine. Spread mixture into a small greased 4X4 baking dish.  
.Pour egg mixture over vegetables.

.Bake at 350 for 20 minutes or until eggs are firm.

## NUTRITION

Total calories per serving: 245  
Protein: 12 grams  
Carbohydrates:15 gram  
Fat: 16 grams  
Fiber: 2 grams

Small batch

