**INGREDIENTS:**

1 1/2 lbs seasonal vegetables, such as broccoli, carrots, turnips, or bell pepper
2 medium onions
4 oz low-fat cheddar cheese
12 medium eggs
1 tsp dried dill, thyme, or oregano
Non-stick cooking spray
1/2 tsp salt
1/4 tsp black pepper

**Optional Ingredients:**

8 oz mushrooms
1/4 cup fresh parsley, thyme, or basil

**Serves:** 8

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**MATERIALS:**

- Cutting board
- Colander
- Measuring spoons
- Medium skillet
- Baking pan
- Sharp knife
- Grater
- Large pot
- Large Bowl
- Spatula

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Find more recipes online at: www.gcfb.org/recipes_resources
**DIRECTIONS:**

1. Preheat oven to 350°F.
2. Rinse and cut vegetables evenly into small pieces. Grate cheese.
3. Peel, rinse, and dice onions. If using, chop mushrooms and fresh herbs.
5. In a large bowl, whip eggs, salt, and pepper with a fork until well-blended. Whisk in dried herbs.
7. Add onions and cook until soft, about 5 minutes. If using mushrooms, add now. Add in boiled seasonal vegetables. Continue cooking until soft, about 5 minutes.
8. Coat a 9x13 inch baking pan with non-stick cooking spray.
9. Layer vegetables, eggs, and cheese in the making dish. Bake until eggs are cooked through, 160° internal temperature, about 35 minutes.
10. Garnish with fresh herbs, if using.

**Chef’s Notes:**

- Use any of your favorite fresh or frozen veggies in this recipe. Cook harder veggies first.
- Cut frittata into portions and freeze for future meals, up to 1 month.
- To make quick, individual portions, layer eggs, cheese, and veggies in a well-oiled muffin pan. Bake about 30 minutes, testing to see that mini frittatas spring back when lightly touched.