



## FRITTATA

### MATERIALS:

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

### 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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## 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.
4. Cook vegetables in a large pot of boiling water for about 30 seconds. Drain.
5. In a large bowl, whip eggs, salt, and pepper with a fork until well-blended. Whisk in dried herbs.
6. Coat a medium skillet with non-stick cooking spray. Heat over medium-high heat.
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.