

Veggie Frittata

Adapted from Cooking Matters®



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Recipe

From the Poe Center

Title: **Veggie Frittata** *Adapted from Cooking Matters®*

Serves: 8, 1 slice per serving

Total Time: 1 hour 10 min

Equipment: 9x13" baking dish, box grater, colander, cutting board, large bowl, large pot, medium skillet, rubber spatula, sharp knife

Ingredients:

- 1 ½ lbs seasonal veggies
- 2 medium onions
- 4 ounces low fat cheddar cheese
- 12 medium eggs
- 1 teaspoon dried dill, thyme, or oregano
- Non-stick cooking spray
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Optional:

- 8 ounces mushrooms
- ¼ cup fresh parsley, thyme, or basil

Cooking instructions:

1. Preheat oven to 350°F.
2. Rinse and cut seasonal veggies evenly into small pieces. Peel, rinse, and dice onions. If using, slice mushrooms and rinse and chop fresh herbs.
3. Grate cheddar cheese.
4. Bring a large pot of water to boil. Add seasonal veggies to boiling water. Briefly boil, about 30 seconds. Using a colander, drain the veggies.
5. In a large bowl, whip eggs with a fork until well blended. Whisk in dried herbs. Set aside.
6. Coat medium skillet with non-stick cooking spray. Heat over medium high heat. Add onions and cook until soft, about 5 minutes. If using mushrooms, add now. Add boiled seasonal veggies. Continue cooking until soft and some of their juices have evaporated, about 5 minutes more.
7. Coat 9-by-13-inch baking dish with non-stick cooking spray.
8. Layer ingredients in the baking dish in the following order: veggie mixture, egg mixture, cheese, salt, and pepper.
9. Bake until eggs are firm and cheese is melted, about 35 minutes. A thermometer inserted in the middle should read 160°F.
10. If using, garnish with chopped fresh herbs.
11. Cut into 8 equal-size portions.

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