



# Frittata with Seasonal Veggies

Makes 4 servings ~ \$6.40 (\$1.60 per serving) or 8 snack-size servings

This recipe is very versatile – you can substitute almost any vegetables you like or whatever looks best at the market. You can omit whatever you don't like. This version says to quickly cook the veggies before adding the eggs, but you can use the veggies raw (except the onion and garlic). Season and garnish any way you want. Can be served hot or at room temp.

## Ingredients

6 large eggs

¼ cup milk (or low-fat sour cream)

2 tbsp. canola (or olive) oil (plus more to coat the baking pan)

½ of a small onion (ca. 2 oz), finely diced

1-2 garlic cloves, peeled and minced

½ of a small poblano/Serrano pepper (ca. 1 oz), clean and diced (optional)

1 medium tomato, diced (3-4 oz)

4 oz. mushrooms, cleaned and diced

4 oz. zucchini, peeled and diced

2 large handfuls (ca. 2 oz) fresh spinach (or arugula), clean and chopped

Fresh/dried herbs, salt and pepper to taste

*Optional Garnishes: Chopped fresh herbs (chives, oregano, whatever looks good); cherry tomatoes, washed and halved; crumbled cheese, olives...*

## Directions

Preheat oven to 350°.

Blend/whisk eggs and milk together well in a bowl. Add oil to a medium/large skillet; sauté the onion until soft; add the garlic and other ingredients (except the spinach) and cook for a few minutes, just until tender. Season to your liking with herbs, salt and pepper – taste as you go.

Let veggies cool a bit, then stir them into the egg/milk mixture. Stir in the spinach at the last minute.

Pour into a well-greased baking pan (9" square pan or deep dish pie plate). Bake for about 20 minutes, or until the mixture is set and beginning to brown. (If you're not using glass cookware, you can put it under the broiler for a couple of minutes if you want more brown on top.) Garnish and serve hot or at room temperature. Enjoy!

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