

Vegetable Frittata



INGREDIENTS:

- 1 tablespoon olive oil
- 3 cups of seasonal veggies, diced (try zucchini, asparagus, bell peppers, broccoli, green beans, mushrooms, onions, spinach, etc.)
- ½ teaspoon salt
- 10 eggs
- ½ cup cheddar cheese, shredded (optional)
- ¼ cup fresh herbs (or 2 tablespoons dried), for topping (try basil, thyme, parsley, etc.)

INSTRUCTIONS:

1. Preheat oven to 350 degrees Fahrenheit.
2. Over medium heat, heat oil in a 9-inch oven-safe pan. (Cast-iron is a good choice.) Add vegetables and salt. Sauté about 6 minutes. Remove from heat.
3. Whisk eggs in a bowl and pour over vegetables.
4. Bake until eggs are set, about 18 minutes. Add cheese, if using, on top and cook for an additional 2 minutes.
5. Garnish with herbs.
6. Enjoy!

