

Local Matters

Vegetable and Cheese Frittata

Ingredients

1 Tbsp. olive oil
½ yellow onion, diced
3 cloves garlic, minced
2 cups fresh baby spinach leaves
1 red pepper, diced small
8 ounces of mushrooms, sliced
12 large eggs
4 ounces shredded cheddar cheese
½ tsp. dried oregano
½ tsp. dried basil
½ tsp. dried thyme
½ tsp. salt
¼ tsp. ground black pepper

Note: other veggies can be added as desired

Directions:

1. Heat a large skillet (10-12 inches) over medium heat. Add olive oil and sauté onions for 3-5 minutes until tender. Add garlic and sauté 1 minute more.

2. Add red peppers and mushrooms and sauté until tender. Add spinach and continue sautéing until spinach wilts.

3. Meanwhile, in a medium bowl, whisk eggs with salt, pepper, and herbs.

4. Pour eggs over vegetables in the pan. Sprinkle with cheese. Reduce heat to low. Cover with a lid and cook 7-8 minutes or until eggs are firm.

5. Remove from heat. Cut into wedges and serve warm.

Yield: 8 servings

Chef's Note: Frittata can be baked in the oven as a casserole. To do so:

- Spray a 9 x 13 baking dish with cooking spray.
- Preheat oven to 350 degrees.
- Place sautéed vegetables in an even layer on the bottom of the prepared pan. Pour eggs over veggies, then top with shredded cheese. Bake uncovered for approximately 35 minutes—until eggs are set and a thermometer reads 160 degrees.

