

Vegetable Frittata



Servings: 8

Ingredients:

- 8 eggs
- 2 tbsp olive oil
- ¼ cup milk or dairy free substitute
- 2/3 c shredded cheese (or dairy free substitute)
- 1.5 c sliced mushrooms
- 1 c diced peppers
- 1 c diced zucchini
 - o Note vegetables can be substituted with any vegetables of choice (bell peppers, broccoli, kale, asparagus, onions, spinach, zucchini, cauliflower, etc.)
- Salt and pepper

Instructions:

1. Preheat the oven to 350 degrees F.
2. Heat the oil over medium heat in a 10 inch cast iron skillet (if not available, use regular skillet and transfer to an oven safe dish that is greased/oiled).
3. Add 4 cups of raw vegetables and saute for 6-10 minutes until soft and extra moisture has evaporated (or can pour off).
4. In a large bowl, whisk the 8 eggs, milk, salt and pepper.
5. Pour the egg mixture into the pan over the vegetables, stir gently. Add cheese on top.
6. Place in the oven for 15-20 minutes until the top is puffy, but just set in the middle. Let cool slightly before slicing, and enjoy!

Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

Calories 158.5

% Daily Value*

Total Fat	11.8 g	15 %
Saturated Fat	3.9 g	20 %
Trans Fat	0.2 g	
Cholesterol	196 mg	65 %
Sodium	308.1 mg	13 %
Total Carbohydrate	2.8 g	1 %
Dietary Fiber	0.4 g	1 %
Total Sugars	1.6 g	
Added Sugars	0 g	0 %
Protein	10 g	
Vitamin D	1.2 mcg	6 %
Calcium	100.5 mg	8 %
Iron	0.8 mg	4 %
Potassium	173.3 mg	4 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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