

Adaptable Frittata



You can use your favorite veggies in this frittata or what is available at the market.



Ingredients:

Approximately 2 cups vegetables*, chopped

(for example: Broccoli with leaves or broccoli and kale, chopped)

4 oz. cheese, shredded** (for example: sharp cheddar)

1 small onion, diced

5-6 eggs, scrambled

1/4 cup milk or water

salt and pepper to taste

2 tablespoons olive oil

Directions:

1. Mix the eggs, milk and cheese in a bowl. Set aside.
2. Heat a large skillet with a lid on medium heat, add 1 tablespoon oil and onion. Sauté until translucent, add salt and pepper.
3. Put in vegetables. Allow leaves to wilt and vegetables to cook for about 5 minutes.
4. Add 1 tablespoon oil and pour in egg mixture to coat full pan (adjust veggies for even distribution). Turn pan down a bit, allow to cook without stirring.
5. You may wish to run a rubber spatula or butter knife around edge to release sides as egg cooks. Once egg is set on bottom, cover with lid and allow to continue cooking about 10 minutes. Check every so often.
6. Once fully set, your frittata is complete. Cut into slices and serve.

* Any vegetables and cheese you like can be used. If using root veggies, roast, or steam them first to tender. Leftover veggies are also a great option.

** Sharp, strong, tangy flavored cheese are better than light ones. Good options are cheddar, swiss, or goat cheese.