



## Veggie Frittata

*Serves 4*

There are so many ways to prepare eggs that it's hard not to love them! Not only are they low cost, but eggs are one of the best sources of protein and other nutrients, such as vitamins A, D, and B12. This recipe for frittata -- an egg-based dish -- is enriched with vegetables and is healthy, delicious and easy to make. It can be served for breakfast, lunch or dinner and you can pack it with just about anything, including vegetable leftovers!

### **INGREDIENTS\*:**

2 tablespoons of oil

½ onion, finely chopped

1 cup of your favorite vegetables (such as peppers, zucchini, potatoes or spinach), cut into small pieces for quick cooking

6 eggs

¼ cup milk

½ teaspoon salt and ¼ teaspoon pepper

¼ teaspoon garlic powder

½ cup shredded mozzarella or other cheese (cheddar or parmesan)

\* For some extra spice, add some hot sauce, salsa, or herbs

### **DIRECTIONS:**

1. In a medium skillet, heat 2 tablespoons of oil.
2. Add onion and other vegetables to the skillet. Make sure to add first the vegetables that need a longer cooking time (such as potatoes). Cook 4-6 minutes until tender.
3. In a medium bowl, whisk together the eggs, milk, salt, and pepper. Pour the egg mixture over the vegetables in the skillet.
4. Cook on medium-low temperature for 6-8 minutes or until the eggs are set and not runny. Sprinkle the top with cheese and cover with a lid and cook for 2-3 minutes until the cheese is melted. Cut into wedges and serve.