

Vegetable Frittata

Inspired by Epicurious.com

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 1 1/2 teaspoons olive or vegetable oil
- 1 medium-size red onion, chopped
- 1 red bell pepper (or other vegetable), coarsely chopped
- 1 medium zucchini (or other vegetable), chopped
- 2 cups spinach leaves (or other greens), torn into 1-inch pieces
- 6 large eggs
- Salt and pepper
- *Optional:* 1 ounce shredded cheese of choice
- *Optional:* 1 cup chopped tomatoes, 1 tablespoon chopped fresh basil

Method:

1. Heat oil in skillet over medium-high heat. Add onion, bell pepper and zucchini and sauté until golden brown, about 8 minutes. Add spinach and stir until wilted, about 1 minute.
2. Whisk eggs, salt and pepper in medium bowl to blend. Pour egg mixture over hot vegetables in skillet; stir gently to combine. Reduce heat to low, cover and cook until eggs are set, about 5 minutes.
3. Sprinkle optional cheese over frittata and broil 2 minutes (or until cheese melts). Sprinkle with optional tomatoes and basil or other garnish. Enjoy!

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Growing Connections to Fresh Food

