

## RECIPE

### Frittata

**PREP:** 10 minutes    **COOK:** 30 minutes    **TOTAL:** 40 minutes    **SERVES:** 4-6

#### INGREDIENTS

- 3 Tbs oil
- ½ cup diced onion
- 8 eggs
- ½ cup milk
- ¾ tsp salt
- ¼ tsp pepper

#### METHOD

1. Preheat oven to 350°F.
2. Heat 3 Tbs oil in large **oven-safe** skillet over medium-high heat. Add onion and cook, stirring occasionally, until soft, about 5 minutes
3. Meanwhile, whisk together eggs, milk, salt, and pepper in a large bowl. Add any mix-ins of your choice (see below) and stir to combine. As long as your mix-ins are fully cooked and taste good together, the frittata will be good! Anything with excess moisture (greens, ground beef, anything from a can, etc.) should be drained before using.
4. Pour egg mixture with mix-ins into skillet and stir. Cook until edges just start to pull away from the edge of the pan. Transfer skillet to oven and bake until set, 15-18 minutes.
5. Cut into wedges and serve.

#### NOTES

- *Chickpeas & Greens:* 1 can drained chickpeas + 1 can spinach or other greens, drained and pressed dry + ¾ cup cottage cheese
- *Breakfast:* 2 cups cooked diced potatoes + 8 oz cooked sausage or chopped pork patties + 1 can greens, drained and squeezed dry + 1 cup shredded cheese
- *Chicken & Rice:* 1 can cooked chicken, drained or 1 cup cooked chicken) + 1 cup cooked rice + 1 can peas, drained
- *Beef & Cheese:* 8 oz cooked ground beef + 2 tomatoes, diced (or 1 can diced tomatoes, drained) + 2 cups shredded cheese