

Frittata

Frittatas are a super easy way to get rid of any leftover eggs, veggies, and herbs you have in the fridge that are about to go bad. Customize with any veggies you have!

Recipe: *Serves about 4-6*

8 eggs

3/4 cup milk

1 teaspoon Dijon mustard

1/2 teaspoon salt

1/4 teaspoon pepper

2 tablespoons butter

8 oz. package mushrooms, sliced

1 red pepper, diced

1/4 cup white onion, diced

1/4 cup green onions, sliced

3 oz. shredded cheddar cheese



Directions:

Preheat oven to 400 degrees. Heat a 12 inch oven-proof skillet over medium heat. Melt butter and sauté veggies for about 10 minutes until tender. Whisk together eggs, milk, Dijon mustard, and salt & pepper. Pour egg mixture over veggies, and arrange veggies evenly in skillet. Cook for about 3 minutes on stove without stirring. Sprinkle cheese on top and place into oven for about 10-12 minutes until set. Serve warm or room temperature.