



# Vegetable Frittata

Servings 9 | Prep time 10 mins. | Total time 45-55 mins.

## Equipment:

Cutting board

Pie pan or 9" square baking pan

## Utensils:

Knife

Fork or whisk

Measuring cups and spoons

## Ingredients

Non-stick spray

8 large eggs

1/4 teaspoon black pepper

1 clove garlic, minced OR 1 teaspoon garlic powder

2 cups vegetables (corn, broccoli, cauliflower, zucchini, mushrooms, baby spinach, shredded kale, etc.), cut into 1/2 inch pieces

1/2 cup cheddar cheese, shredded

1/4 cup fresh herbs (basil, parsley, cilantro), chopped OR 1 teaspoon dried basil or oregano

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 350 degrees. Lightly spray the pie pan or baking dish with non-stick spray.
3. Crack eggs into a bowl. Add black pepper and garlic powder.
4. Use a fork or whisk to beat eggs until they are pale yellow. Add in vegetables, cheese, and herbs. Mix to combine.
5. Pour the mixture into the pie pan or baking dish, then put in the oven.
6. Bake for 35 to 45 minutes until the top is golden and the eggs are set and no longer jiggling.

## Nutritional Information:

Calories 100

Total Fat 6g

Sodium 100mg

Total Carbs 2g

Protein 8g