

Garden Vegetable Frittata

½ red pepper
 ½ green pepper
 1 zucchini, medium
 1 yellow squash
 3 green onions
 6 eggs
 ¾ cup heavy cream
 1 cup cheese of your choice
 salt & pepper to taste
 pinch nutmeg
 1 tbsp. butter
 oven-proof skillet or iron frying pan

Method

1. Preparing the Vegetables:

Preheat oven to 400*. Line a baking sheet with foil or parchment and lightly coat with cooking spray. Slice all vegetables evenly in size and spread on baking sheet. (Don't feel the need to constrain yourself to those I've listed here; those are just what has been most prevalent in our garden. You can use tomatoes, regular onions, asparagus, or whatever you'd like to get out of your fridge.) You can drizzle olive oil on the veggies, but I usually do not. Roast in the oven until just tender; about 15 minutes.

2. For the Egg Mixture:

Wisk the eggs until fluffy, then add the cream and nutmeg, wisking well. Add salt and pepper to taste.

3.

Spray skillet with cooking spray, then melt the butter at medium heat, coating the bottom of pan. Pour in egg mixture, then add half the shredded cheeses, then place the roasted vegetables, and finish with the rest of the cheese. Cook on stovetop for approximately five minutes, until the bottom is set. Place pan in oven and finish cooking until the frittata is puffed and light brown; approximately 10 - 15 minutes. Check to be sure that the center is set, then remove from oven. Let rest for a few minutes, then cut in wedges.

Notes



We had such an abundance of vegetables in the garden this year that a frittata was just the ticket! A frittata is simply an omelet started on the stove in a oven-proof skillet, and finished in the oven. It really is a quick and easy process, and a great way for using up odds and ends in the fridge! An iron fry pan works wonderfully, as long as you use cooking spray before the butter. A great evening meal, as well!



Servings/Yield

8 servings
8 slices

Difficulty



NUTRITION FACTS

Servings: 8

Amount Per Serving

Calories: 200

Total Fat: 15.63g

Cholesterol: 184mg

Sodium: 151mg

Total Carbs: 3.92g

Dietary Fiber: 0.97g

Sugars: 1.94g

Protein: 9.52g