

# MEDITERRANEAN VEGETABLE FRITTATA

COOKING TIME: 30 MIN

MAKES 4-6 SERVINGS

## *Ingredients:*

- 1 small red pepper, chopped
- 1 small zucchini, chopped
- 1/4 cup onion (red, yellow or green)
- 2 TB olive oil
- 8 large eggs
- 1/4 cup milk (optional)
- 1/3 cup pasteurized cheese, crumbled (feta, goat, etc.)
- 1/3 cup fresh parsley, chopped



## *Directions:*

- Preheat oven to 375F. In a cast iron skillet on medium heat, sauté red pepper, zucchini and onion together with 2 TB olive oil.
- In a mixing bowl, whisk eggs, then mix together with feta, milk and parsley. Add salt and pepper to taste.
- Add egg mixture to skillet once vegetables are browned/cooked to your liking.
- Cook until frittata begins to pull from sides of pan. Once pulling, place in oven for 10-15 minutes until set. Garnish with additional fresh parsley!
- \*Pair with 1-2 slices of fiber rich bread or fruit to create a carb-modified balanced meal.