



## **Spring Frittata**

Yield: 8 servings

### **Ingredients:**

- 8 eggs
- ½ cup onion, diced
- 3 Tbsp olive oil
- 1 cup red bell pepper, diced
- 1 cup zucchini, diced
- ½ cup mushrooms, sliced
- 1 cup spinach, chopped
- ½ cup crumbled feta cheese
- ¾ tsp salt
- ¼ tsp black pepper

### **Directions:**

1. Preheat your oven to 350°F.
2. Whisk eggs with salt and pepper, make sure not to over mix the eggs, just mix until the eggs and the whites are blended.
3. In an oven safe skillet or frying pan on medium high heat, heat up olive oil and add onions. Saute onions, stirring occasionally for about 2 minutes. Add the peppers, zucchini, mushrooms and spinach and cook for about 2 minutes. Then add the egg mixture. Let the egg cook for about one minute, then sprinkle on the crumbled feta. With a spatula pull the sides in and allow some egg to flow to the bottom of the pan. After about 5-8 minutes of stove top cooking, place the pan in the oven and allow it to bake for about 15-18 minutes, until it sets.
4. Once done, remove and serve hot or save for later, it can be served cold or at room temperature.