

BREAKFAST FRITTATA SQUARES



DIFFICULTY
MEDIUM



TIME
80 MIN



SERVES
4-6

INGREDIENTS

Cooking spray
6 large eggs
1/4 cup milk (if using non-dairy milk, make sure that it is unsweetened. Oat milk works well)
1/2 tsp sea salt
1/2 tsp ground black pepper
4-8 drops hot sauce, optional
1 Tbsp olive oil
1.5 cups diced leftover cooked or defrosted frozen vegetables
1/2 cup shredded Monterey jack cheese

DIRECTIONS

1. Heat the oven. Arrange a rack in the middle of the oven and heat to 375°F.
2. Whisk the eggs and milk pepper and hot sauce together in a small bowl; set aside.
3. Heat the vegetables in the 1 Tbsp of Olive oil
4. Spread the vegetables into an even layer into the baking dish, flattening with a spatula. Sprinkle the cheese on top and let it just start to melt.
5. Pour the egg mixture over the vegetables and cheese. Tilt the baking dish to make sure the eggs settle evenly over all the vegetables.
6. Bake until the eggs are set, 12 to 14 minutes. To check, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another few minutes; if the eggs are set, pull the frittata from the oven
7. Cool then slice into squares and serve.

NUTRITION FACTS PER SERVING

Calories: 250 Fat: 12g (Saturated Fat: -g) Carbohydrates: 10g Fiber: 1g Sugar: 4g Protein: 19g



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