



# Frittata

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**SERVES: 8    PREP TIME: 15 min.    COOK TIME: 35 min.**

## Ingredients:

1½ pounds seasonal vegetables

2 medium onions

4 ounces low-fat cheddar cheese

12 medium eggs

1 teaspoon dried dill, thyme, or oregano

Non-stick cooking spray

½ teaspoon salt

¼ teaspoon ground black pepper

## Directions:

1. Preheat oven to 350°F.
2. Rinse and cut seasonal veggies and onions evenly into small pieces.
3. Grate cheddar cheese.
4. Bring a large pot of water to boil. Add seasonal veggies to boiling water. Briefly boil, about 30 seconds. Using a colander, drain the veggies.
5. In a large bowl, whip eggs with a fork until well blended. Whisk in dried herbs. Set aside.
6. Coat medium skillet with non-stick cooking spray. Heat over medium high heat. Add onions and cook until soft, about 5 minutes. Add boiled seasonal veggies. Continue cooking until soft and some of their juices have evaporated, about 5 minutes more.
7. Coat 9-by-13-inch baking dish with non-stick cooking spray.
8. Layer ingredients in the baking dish in the following order: veggie mixture, egg mixture, cheese, salt, and pepper.
9. Bake until eggs are firm and cheese is melted, about 35 minutes. A thermometer inserted in the middle should read 160°F.
10. Cut into 8 equal-size portions.