

Frittata (Baked Egg Omelet)



MAKES 3 - 4 SERVINGS

Ingredients:

- 6 eggs
- ¼ c milk
- ¼ c cheese of choice (feta, cheddar, etc.)
- ½ c diced vegetables of choice (spinach, mushrooms, bell peppers, onion, etc.)
- ¼ tsp cracked black pepper
- Salt to taste

Directions:

Preheat oven to 350°F. In a bowl, whisk eggs, milk, salt, and black pepper. Add diced vegetables to the egg mixture. Pour egg and vegetable mixture into an oiled baking dish and sprinkle cheese on top.

Bake in the oven for approximately 20-30 minutes until completely cooked. Serve warm. Salsa is an optional topping.