

Vegetable Herb Frittata

SERVINGS: 8

SERVING SIZE: 8 oz



Ingredients

1 oz	Fresh Red Onion, finely chopped
6 each	Fresh Garlic Cloves, minced
2 oz	Fresh Green Pepper, diced
1 lb	Fresh Portobello Mushrooms
1 tbsp	Fresh Rosemary, minced
1 tbsp	Fresh Basil, chopped
12 each	Fresh Cage-Free Eggs, beaten
3 tbsp	Extra Virgin Olive Oil
¼ tsp	Ground Black Pepper
¼ tsp	Kosher Salt

Directions

1. Pre-heat oven to 350°F. Heat oil in an oven safe, sauté pan and sauté onions, peppers and garlic until soft.
2. In a bowl, whisk the eggs together and season with salt, pepper, rosemary and basil.
3. Pour the egg mixture over the onions, garlic and peppers. Gently stir the sides of the frittata into the middle with a rubber spatula, lower the heat and let the eggs set.
4. Place the sauté pan in the oven to finish cooking the frittata, about 10 minutes or until the top is set.
5. Cut frittata into 8 slices and serve hot.

Nutritional per serving:

calories 170 kcal, **fat** 12 gm, **protein** 10 gm, **carbs** 5 g, **fiber** 0.5 g, **sodium** 170 mg