



Veggie Frittata



1-800-WIC-1007

Ingredients

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| 2 tablespoons olive oil | ¼ cup fresh chives (or, use ½ tsp dried chives or basil) |
| 1 medium onion, chopped | Pepper to taste |
| 3 medium red potatoes, washed and thinly sliced | 1 cup shredded cheese |
| 6 large eggs | 1 medium tomato, sliced for garnish (optional) |
| ⅓ cup of milk | |

Directions

1. Place a large skillet on medium-low heat and add the oil.
2. When the oil begins to sizzle, add the chopped onions to the pan and sauté for 5 minutes. Add thinly sliced potatoes and stir. Cover the pan with a lid or foil and let cook over low heat for another 5 minutes.
3. Break the eggs into a mixing bowl. Add the milk, chives and pepper, and whisk until combined.
4. Pour egg mixture into the pan, stirring gently to allow the eggs to flow through the ingredients to reach the bottom. Cover and let cook for 1-2 minutes over low heat.
5. Top the egg mixture with the cheese.
6. Cover the pan and cook for about 5 minutes or until the eggs are set and don't jiggle when moving the pan.
7. Let cool for 1-2 minutes before serving. This will keep in the fridge for 3-5 days.

Serves: 6 • Serving Size: 1 wedge • Prep Time: 20 minutes • Cook Time: 20 minutes

Chef Tips

1. If you have leftover veggies – add them to the pan with the potatoes in step 3
2. Try adding other dried spices, such as oregano or rosemary, for added flavor
3. Use different types of shredded cheese such as mozzarella or pepper jack



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Supplies

- Measuring cups
- Measuring spoons
- Cutting board
- Knife
- Large non-stick skillet
- Wooden spoon
- Vegetable peeler
- Spatula
- Mixing bowl

Nutrition Facts Per Serving: 270 Calories, 15 g Fat, 21 g Carbohydrate, 13 g Protein, 210 mg Sodium