

# FREESTYLE FRITTATA



In a 10" oven-safe skillet  
over medium-high heat



HEAT 3 TBS OLIVE OIL  
then add

1/2 Cup diced onions

and cook over med. heat  
until softened, about 5 min.



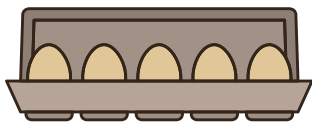
add

@ 2 Cups diced VEGETABLES

and cook until softened



(\*Potatoes should be pre-boiled. Optional: use leftovers; stir in 1/2 Cup cooked chicken, ham, sausage)



In a bowl,  
WHISK  
8 EGGS

+



1/2 Cup  
DAIRY  
(Milk, sour cream,  
heavy cream,  
yogurt)

+



1/2 tsp  
SALT

+



1/4 tsp  
PEPPER

+



1/4 Cup  
chopped fresh  
HERBS

+



1/2 Cup  
grated CHEESE,  
if desired

Pour egg mixture on top of  
sautéed veggies/meat in skillet,  
stir to evenly distribute.



Cook the frittata over  
med-low heat,  
without stirring,  
until its edges begin to set,  
about 5 minutes.



Bake at 350 until set,  
20-30 min.  
depending on size/thickness.