

Vegetable Frittata



Ingredients:

- 1 small onion, diced
- 1/2 cup sweet potato, scrubbed and grated
- 1/2 cup mushrooms, diced small
- 1 cup broccoli, cut into bite sized pieces
- 1/2 teaspoon pepper, divided in half
- 1/2 teaspoon salt, divided in half
- 1/2 teaspoon paprika, divided in half
- 8 eggs
- 1/4 cup dairy or non-dairy milk
- 1/2 cup grated cheese (cheddar, Monterey Jack, or other), divided

Instructions:

1. Heat olive oil in a high-sided skillet or oven-safe frying pan on medium high heat. Add onion and sauté for two minutes.
2. Add grated sweet potato to the skillet and stir, flattening to get the bottoms crispy. Cook without stirring for about 4 minutes.
3. Add broccoli florets and chopped mushrooms. Cook for about 5 minutes, stirring frequently.
4. Add 1/4 teaspoon pepper, 1/4 teaspoon salt, and 1/4 teaspoon paprika to the vegetables and stir well.
5. For the eggs: While the vegetables are cooking, combine eggs, milk, 1/4 cup grated cheese, 1/4 teaspoon pepper, 1/4 teaspoon salt, and 1/4 teaspoon paprika. Whisk to combine well.
6. Reduce heat to low and spread the vegetables out evenly in the pan. Slowly pour the egg mixture over the vegetables, and tilt the pan so the eggs spread out and are an even layer. Do not stir!
7. Once the mixture just sets around the outside, cover and cook for about 15 to 20 minutes or until the eggs are cooked on the top and the frittata is cooked through. Sprinkle remaining 1/4 cup of cheese on top 5 minutes into the cooking process. (Note: if you have access to an oven, prepare the frittata in an oven-safe skillet and bake at 400 F for about 10 minutes.)
8. Garnish with your favorite fresh herbs or scallions and enjoy! Substitute your favorite vegetables!