

## Garden Frittata

Preparation time	15 minutes
Cooking time	40 minutes
Servings	4
Cost per serving	\$1.97
Storage	3 days in the fridge

**Kitchen tools** Measuring cups and spoons, grater, cutting board, sharp knife, small bowl, fork, 8-inch square baking dish, parchment paper (or oil), large bowl



## Ingredients



8 eggs



60 ml (¼ cup) milk



310 ml (1¼ cup) grated **cheddar cheese** (divided: 175 ml [¾ cup] + 125 ml [½ cup])



5 ml (1 tsp) **dried parsley**



Salt and **pepper** to taste

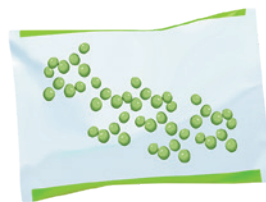


1 small **yellow onion**, peeled and chopped



1 **green bell pepper**, diced

OR CHOPPED ASPARAGUS, MUSHROOMS OR ZUCCHINI



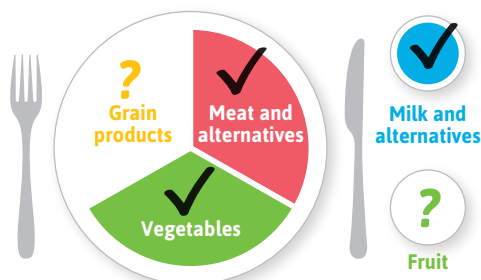
250 ml (1 cup) **frozen green peas**

THAW IN THE MICROWAVE FOR 1 MINUTE AND PRESS WITH A FORK TO GET RID OF THE EXCESS WATER.



2 **frozen spinach** nuggets (about 80 ml/⅓ cup), thawed and very well-drained

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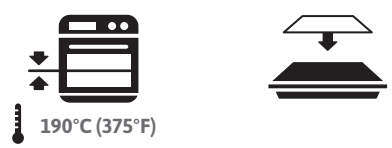



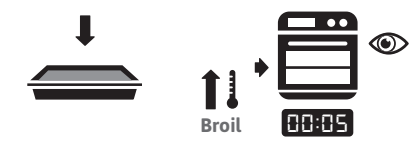


## Balanced plate

Serve with:

- ? Vegetables (salad, for example) to round out the serving, and a fruit
- ? A grain product (a slice of bread, for example)
- ? A glass of milk or fortified soy beverage

# Directions

<p><b>1</b> Place oven rack in the middle position and preheat the oven to 190 °C (375 °F). Oil an 8-inch square baking dish or cover with parchment paper.</p>	
<p><b>2</b> In a large bowl, add the <b>eggs, milk, 175 ml (¾ cup) of cheddar cheese, parsley, salt and pepper</b> and mix with a fork.</p>	
<p><b>3</b> Add the <b>onion, green bell pepper, green peas and spinach.</b> Combine and pour into the baking dish.</p>	
<p><b>4</b> Bake for about 40 minutes, or until the frittata is cooked through and the top has browned. <b>Tip:</b> Use the cooking time to prepare your side dishes.</p>	
<p><b>5</b> Spread the <b>remaining 125 ml (½ cup) of cheddar cheese</b> over the top. Set the oven to broil and cook for about 5 minutes, keeping a watchful eye, until the cheese is melted.</p>	

My rating: ★ ★ ★

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This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition