



MAKE IT ANYTHING FABULOUS FRITTATA

(DF, GF, VEG)

INGREDIENTS

- 1 yellow squash, chopped
- 1 zucchini, chopped
- 4 green onions, chopped (white and green parts)
- 2 cloves garlic, peeled and pressed or minced
- 1 tablespoon olive oil 8 large eggs
- 3/4 cup plant based milk (I used a coconut and almond milk blend)
- 1/4 cup fresh herbs, chopped (I used dill)
- 1/4 cup cheese, (I used a cheese blend of vegan shredded Violife Parmesean and Miyokos Garlic Herb non-dairy cheese)
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper

DIRECTIONS

How-to:

1. *Heat your oven to 400 degree (F)*
2. *Chop the squash, zucchini and onions set aside*
3. *Place the 1 tablespoon olive oil in an oven-safe large skillet and warm to medium heat. Add the chopped veggies and garlic and cook for 2-3 minutes (stirring frequently) or until tender and slightly browned. Remove from heat.*
4. *In a separate large mixing bowl, crack all 8 eggs and whisk until well beaten*
5. *Add the chopped fresh herbs, milk, cheese, salt and pepper to the eggs. Stir well.*
6. *Pour the egg mixture into the oven-safe skillet with the cooked veggie mixture*
7. *Transfer to the oven and bake 15-18 minutes, or until it is set, "puffed" or slightly browned. You'll know it's set when it's no longer "jiggly" in the center.*
8. *Remove from oven the and allow to rest a few minutes. Sprinkle with some additional cheese or herbs, cut and serve.*
9. *Eat and enjoy!*

Tips and Tricks:

- *I found my ingredients at Whole Foods but the ingredients could be found at most grocery stores and online*
- *I used a cast iron skillet so I could transfer the egg and veggie mixture straight to the oven (less dishes to clean!). If you don't have an oven safe skillet, you can use a skillet to make the veggies, then pour the veggies and egg mixture into a large baking pan (9x13 inch) and bake according to the directions.*
- *Omit the cheese to make this paleo*
- *Don't like squash or zucchini? Add broccoli, peppers or whatever kind of veggies you like. Try an herb like parsley instead of dill. Make it yours....the possibilities are endless!*
- *If you add meat, make sure you pre-cook it (like the vegetables) before adding to the frittata.*

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

RECIPE BY: CAROLYN J. BRADEN

www.carolynsbloomingcreations.com