

Frittata with Vegetables

Ingredients:

8 eggs
½ cup milk
Salt
Freshly ground pepper
1 tablespoon canola oil
½ cup butternut squash, cubed
1 teaspoon ground cumin
1 tablespoon thyme leaves
2 green onions, thinly sliced
2 cups mixed fresh vegetables such as broccoli, spinach, red bell pepper and zucchini
Finley chopped parsley and chives
½ cup grated cheddar
Hot sauce (optional)



Directions:

1. Arrange a rack in the upper third of your oven and preheat to 350 degrees.
2. In a large bowl, whisk eggs together but do not beat. Mix in milk, salt, pepper, cumin, and chopped parsley and chives. Set aside.
3. Divide vegetables into two groups, one of those that cook quickly such as spinach and red pepper and one with those that take longer like broccoli.
4. Warm oil in a 10-inch non-stick sauté pan over medium heat. Add squash and toss to coat. Cook, tossing occasionally, until squash can be pierced with a fork: about 10 minutes.
5. Sprinkle green onions on top of squash and cook, tossing occasionally until the onion becomes translucent. Add broccoli and any other vegetables that take a little longer to cook. Cook and toss for 3 minutes.
6. Add remaining vegetables that cook quickly and cook and toss for about 1 minute.
7. Pour egg mixture over vegetables. In a minute or two when the egg mixture starts to set, lift the cooked edges carefully with a spatula to let the uncooked egg flow under the cooked edges as you would for an omelet. Continue this process, working around the pan and tilting it as necessary so the runny egg trickles underneath. This process is finished when the top surface is still not completely cooked but does not flow when you tilt the pan.
8. Sprinkle cheese over the top.
9. Put the pan in the oven and bake 20 minutes until the egg is set and the cheese starts to brown slightly. If your pan has a plastic handle you may want to wrap it with aluminum foil.
10. To serve, let it slide out of the pan onto a serving plate. Let it sit for 5 minutes before slicing in wedges.