

# Veggie Frittata

This Veggie Frittata is wonderful for any meal. The combination of eggs and vegetables make it a very healthy breakfast. Combine your frittata with a salad or soup and you've got a great lunch or dinner. You can substitute any vegetables that don't have high water content.

## INGREDIENTS:

- 6 eggs
- 1/2 organic red pepper, chopped
- 1/2 cup organic asparagus, chopped
- 3/4 cup organic milk
- 1 tablespoon flour
- 1 tablespoon organic Parmigianino cheese, grated
- 1 clove organic garlic, crushed
- 1/4 cup organic butter
- 1/2 teaspoon nutmeg
- Salt and pepper.

## PREPARATION:

Sauté chopped pepper and asparagus, with the garlic, half the butter, and the pinch of nutmeg.

Let the veggies cool.

In a separated bowl gently beat the eggs.

Into the eggs, slowly stir in the milk, flour, and cheese, then add the veggies and season everything with salt and pepper. Heat the remaining butter in an oven proof skillet, and when it begins to brown add the egg mixture, shaking the skillet briskly to settle things. Cook the frittata until the bottom is done and the top begins to firm up. Then place the frittata in the oven under the broiler until the top gets light brown and firm.

This can be served hot or cold.

To freeze, let cool to room temperature. Cut into individual servings. Put in the freezer until it hardens, about four hours, or overnight. Wrap frittata servings in airtight food savor bags. Freeze for up to 3 months.

To thaw: Unwrap and microwave for one to two minutes. Put in the toaster oven for 5 minutes more.

Recipe courtesy of FamilyKitchen.tv©