



VEGGIE FRITTATA



INGREDIENTS

ITEM

• Eggs

• Spinach, chopped

• Diced Red Bell Pepper

• Diced Mushrooms

• Garlic-infused Olive Oil

• Salt and Pepper

QUANTITY

4

½ cup

¼ cup

¼ cup

½ tbsp

SERVING SIZE

1



PREPARATION

- 👉 Preheat oven to 375°F.
- 👉 Heat an oven-safe skillet over medium heat and add olive oil.
- 👉 Add bell pepper and cook for 2-3 minutes until softened.
- 👉 Stir in spinach and cook until wilted.
- 👉 Whisk eggs with salt and pepper and pour over the vegetables.

👉 Cook for 2 minutes without stirring.

👉 Transfer the skillet to the oven and bake for 10-12 minutes, or until the center is set.

👉 Slice into wedges and serve.