



VEGETABLE FRITTATA

Yield: 2-4 servings

Ingredients

- ❖ 1 tablespoon extra virgin olive oil
- ❖ 4 large organic eggs
- ❖ ½ cup coconut milk
- ❖ 1 cup chopped vegetables of choice (onion, baby spinach, bell peppers, mushrooms, zucchini)
- ❖ 2 tablespoons crumbled feta or goat cheese



Procedure:

1. Preheat oven to 350 degrees.
2. In an ovenproof skillet, over medium heat, heat olive oil.
3. Sauté chopped vegetables of choice.
4. In a bowl, whisk eggs and milk together.
5. Pour egg mixture over vegetables.
6. Cook for 3-5 minutes on low to medium heat until edges start to form.
7. Transfer skillet to oven and bake for 6-7 minutes or until egg mixture is solid on top.
8. Flip out of pan onto a large plate and serve.