



Photo Credit: sweetphi.com

VEGETABLE FRITTATA

Spring

Prep time: 10 min. | Cook time: 10-15 min. | Serves: 4

INGREDIENTS

- Assorted fresh, in-season vegetables, chopped or diced (Broccoli, Spinach, Scallions, etc.)
- 3 Tbsp. Butter
- 6-8 Basil Leaves
- 8 Eggs
- ¾ Cup Milk
- 1½ Cups Cheddar Cheese (shredded)
- Salt and Pepper

DIRECTIONS

- 1 Chop basil leaves and set aside.
- 2 Melt butter over medium-high heat in a large frying pan.
- 3 Sauté vegetables until crisp and tender, 6-7 minutes, then reduce heat to low.
- 4 Whisk eggs and milk in a bowl until well blended. Whisk in basil, salt, pepper, and cheese.
- 5 Spread out vegetables in pan so they are evenly distributed, then carefully pour egg mixture over vegetables.
- 6 Cover & cook on low until set and puffy, approximately 15-20 minutes.



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