

# Frittata

## INGREDIENTS

SERVES 8

6 EGGS

1/2 C NON-DAIRY MILK

3/4 C. BREAKFAST SAUSAGE, CHOPPED

1/2 C. BROCCOLI, CHOPPED

1/4 C. RED BELL PEPPER, DICED

2 TBSP ONION, DICED

SALT AND PEPPER TO TASTE

THIS IS A VERSATILE RECIPE AND MORE OF A METHOD. YOU CAN USE REGULAR OR NON-DAIRY MILK. I PREFER APPLEGATE BREAKFAST SAUSAGE BUT YOU CAN USE BACON, HAM OR ANY MEAT (OR NOT) YOU LIKE. CHANGE UP THE VEGETABLES TO WHATEVER YOU HAVE ON HAND.



FRITTATAS ARE A WONDERFUL MEAL FOR ANYTIME OF THE DAY. YOU CAN MAKE THIS RECIPE IN A PIE PAN FOR A SLICE OR AS FRITTATA MUFFINS. IF MAKING FRITTATA MUFFINS ADJUST COOKING TIME TO 20-30 MINUTES.

## COOKING METHOD

Preheat your oven to 350 degrees.

1. Crack the eggs into a large bowl. Add the milk (dairy or dairy-free), salt and pepper to taste. Whisk vigorously for about a minute until the mixture is combined and the eggs have become frothy. Set aside.
2. You will need to use cooked meat. If you are using leftover meat chop to equal size of the vegetables. If using raw meat, you will need to cook and slightly cool prior to adding to egg mixture.
3. Chop the vegetables into even sizes so they cook evenly.
4. Spray a 9 inch pie pan with non-stick spray of choice (even if you are using a non-stick pan). Pour in the egg mixture and evenly spread the meat and vegetables around the pan.
5. Cook for 30-40 minutes until completely cooked through and slightly browned. You will know it is cooked through when egg mixture doesn't jiggle with pan is slightly moved. Enjoy!