



MEDITERRANEAN FRITTATA

Recipe adapted from @joncontird

HCC
WELLNESS
AT HOME



@utmhccwellness

INGREDIENTS

- 1 sweet Bell pepper (any colour)
- 1 red onion
- 1 package mushrooms
- Olive oil
- 125 mL (1/2 cup) feta cheese, crumbled
- 15 mL (1 Tablespoon) dried parsley
- 30 mL (2 Tablespoons) pesto from a jar
- 10 eggs
- 125 mL (1/2 cup) milk

FUN FACT

The name "frittata" derives from the Italian word "friggere" and roughly means "fried". A frittata is a fluffy egg dish similar to an omelette, usually made in a skillet and then baked.

INSTRUCTIONS

01

Preheat oven to 350F. Butter a 9x9" baking dish.

02

Chop up Bell peppers, onion, mushrooms (or any other vegetables), sautee in olive oil; and add to bottom of dish. Top with feta cheese, dried parsley and pesto sauce, stir lightly.

03

In a separate bowl, lightly beat together eggs and milk; pour over veggie mixture.

04

Bake for 30-35 minutes, let set for 10 minutes before eating.