

Summer Fresh Frittata

Adapted from Tilth Alliance

Makes 6-8 servings

Ingredients

4 white or brown mushrooms
1/2 bell pepper (any color)
2 green onions
1 medium zucchini
1-2 tablespoons fresh herbs of choice (such as parsley, thyme, or basil)
6 eggs
1/2 cup milk
1/4 teaspoon salt
Ground pepper to taste
1 tablespoon oil or butter
1/4 cup shredded parmesan cheese (optional)



Photo credit: Bon Appetit website

Instructions

Slice the mushrooms and bell pepper and thinly slice the green onions. Shred the zucchini on a grater. Finely chop the fresh herbs. Set aside.

In a medium bowl, whisk together the eggs, milk, salt, and pepper.

Heat a skillet (cast iron works best) over medium-low heat and add oil or butter. Swirl pan to evenly distribute oil or melted butter. Pour egg mixture into skillet and sprinkle over the vegetables, herbs, and parmesan cheese (if using).

Cover with a lid and cook for 8-10 minutes, or until the top is fully cooked.

Remove from heat and uncover. Let rest about 5 minutes. Serve directly from the pan.

Note:

To make the recipe dairy free, substitute milk and shredded parmesan with dairy-free alternatives and use oil instead of butter.