



Easy Frittata

SIMPLE RECIPE

Ingredients

- 6 eggs
- 1/4 cup of milk
- 1/4 tsp salt & pepper
- Cheese of your choice!

We love feta but cheddar, ricotta, and Swiss are also great choices.

- 1 heaping handful of Micro Broccoli

Optional: bacon bits, mushrooms, bell peppers, tomatoes, and green onions.



Directions

Preheat oven to 400°

Step 1:

Whisk eggs, milk and cheese together until yolks are well blended. Add salt and pepper plus chopper micro broccoli and any other tasty ingredients you want.

Step 2:

Bake egg mixture in oven safe pan for 1-15 minutes
ENJOY!!