



Mediterranean Vegetable Frittata

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

272.6 calories

20.2 g fat

560.8 mg sodium



INGREDIENTS: **** Items not included in kit**

- Non-stick cooking spray**
- 2 TB olive oil**
- Salt & pepper, to taste**
- 1 red bell pepper, diced
- 1 zucchini, diced
- 2 green onions white & green parts, sliced
- 4 oz. broccoli florets, cut into small pieces
- 7 large eggs
- 1/4 cup whole milk
- 1/3 cup feta cheese
- 1/4 cup fresh parsley, chopped
- 2 sprigs fresh thyme, strip leaves

DIRECTIONS:

NOTE: The frittata can be prepared from start to finish in an oven safe 10 inch cast iron skillet **OR** using a nonstick skillet and then an oven safe pie dish or square baking dish.

1. Preheat oven to 400 degrees. Prep produce as listed in ingredients.
2. In a large skillet, add **2 TB olive oil** over medium-high heat. Add the **diced bell pepper, diced zucchini, sliced green onions, and chopped broccoli florets** to the pan. Season with a pinch of **salt & pepper** to taste. Stir to combine and cook for 5 to 8 minutes until the vegetables have softened. Remove pan from the heat.
3. In a large bowl, whisk together the **7 eggs, 1/4 cup whole milk, 1/3 cup feta cheese, 1/4 cup chopped fresh parsley, thyme leaves**, and season with **salt & pepper** to taste. Fold in the softened vegetables and stir to combine.
4. Coat the bottom of an oven safe square or pie dish with **non-stick cooking spray**. Pour the egg/veggie mixture into the dish. Transfer to the oven and bake at 400 degrees until the center eggs are cooked through and firm, about 25 to 30 minutes. The frittata is cooked when the eggs are set in the center and no longer jiggly and the edges are a golden-brown. Remove the dish from the oven and let rest 5 minutes before slicing to serve.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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