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Easy Frittata

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Recipe

Average:





Yield	Servings
Source	www.bethenny.com
Prep time	10 minutes
Cook time	10 minutes
Category	Quick and Easy Recipes
I am cooking in	Oven
Meal type	Breakfast
Other category	egg recipes

Description

This is a morning breakfast that is easy yet impressive to serve.

Ingredients

1 Cup	Vegetables ((any vegetables))
1	Egg yolks
2	egg white
1 Tablespoon	Parmesan Cheese ((feta works as well))
1 Teaspoon (Metric)	salt
1 Teaspoon	pepper
1?2 Teaspoon	paprika ((optional))

Instructions

1. Preheat oven to 350 degrees.
2. Place 1 cup of sauteed vegetables to small nonstick pan over medium heat. For a perfect blend of colors I used orange bell pepper, onion, mushrooms, zucchini and

tomatoes.

3. Beat and add 1 egg yolk and 2 egg whites with salt, pepper and paprika to the vegetable mixture. Move the mixture around so that it is slightly solidified. Transfer the pan to the oven.
4. Bake until frittata is almost firm to the touch.
5. Sprinkle with parmesan cheese and bake until firm.