

Frittata

Ingredients:

Eggs	8
Milk or water	½ cup
Vegetable oil	2 tablespoons
Vegetables, finely chopped, any you like (tomatoes, peppers, mushrooms, onions, spinach, broccoli, zucchini, leftover diced potatoes)	2 cups
Salt, pepper, garlic (or other spices you like)	Pinch of each (1/8 teaspoon)
Cheese, any kind	1 cup

Directions

1. Whisk eggs and milk in a bowl and set aside.
2. Add oil to frying pan. Heat over medium heat. Add vegetables and spices. Cook until vegetables are soft, stirring frequently.
3. Pour in egg mixture. As egg sets around edge of pan, use a spatula to gently lift cooked portions to allow uncooked egg to flow underneath. Cook until bottom is set and top is almost set.
4. Sprinkle cheese over top. Cover pan with lid for 2 to 3 minutes to allow cheese to melt and puff up frittata.
5. Loosen around edge of frittata. Cut into wedges and serve.

Serves 4 to 8 people

Tuna and Peas Frittata:

Fry 1 chopped onion and 1 chopped celery stalk. Stir in 1 can drained Tuna and ½ cup frozen peas. Heat. Add, 1 tablespoon parmesan cheese and 1 teaspoon dried basil. Pour in egg mixture and let cook.