

Frittata or Italian Omelette – Baked in the Oven

Prep time: 20 - 25 minutes

Cook time: 20 - 25 minutes

Serving size: 8

Calories per serving: 88

Ingredients:

8 eggs

1/4 cup cream, milk, or water

1/2 cup diced tomato

1/2 cup diced ham

1 cup shredded cheese

1/4 cup , sweet mini pepper (s)

1/4 teaspoon onion salt

1/2 teaspoon dried chives

1/4 teaspoon pepper

1/2 teaspoon salt



Directions:

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Preheat oven to 350 degrees. Beat eggs and cream together. Add all other remaining ingredients. Pour into a greased 9 inch pie tin or greased large muffin tins. Bake 25 minutes or until puffed and golden brown.

Be creative and don't be afraid to try something new. Use that leftover cheese and vegetables for a fabulous meal.

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