Crab & Veggie Frittata

NIBBLEDISH CONTRIBUTOR

Ingredients

6 ounces crab meat, minced

4 eggs

1/4 cup milk

2 tablespoons olive oil

1/4 cup orange bell pepper, diced

1/4 cup green bell pepper, diced

1/3 cup white mushrooms, sliced

1/4 cup tomato, chopped

3 green onions, chopped

1 clove garlic, minced

3 tablespoons parsley, chopped

1/2 teaspoon paprika

1/2 teaspoon kosher salt

Instructions

1. In a bowl, crack eggs and break up lightly with a fork. Add milk, paprika and salt. Mix well.

2. Add all vegetables and herbs to eggs and stir.

3. Using a small non-stick pan, heat olive oil and pour in egg mixture. Cook until edges brown slightly but middle remains loose, approx. 3-5 minutes.

4. Slide pan into an oven and bake at 375 degrees until set approximately 25-30 minutes.*

5. If desired, sprinkle with paprika and salt before serving.