Veggie Frittata

NIBBLEDISH CONTRIBUTOR

Ingredients

1 1/2 tbs vegetable oil
1 shallot
2 cloves garlic (minced)
1 green bell pepper (diced)
1/2 large diced tomato
4 large beaten eggs
1 cup chopped spinach
1-3 tsp garlic salt
1/2-1 tsp black pepper
1 tsp crushed red pepper flakes
1/2 cup shredded Italian blend cheese

Instructions

This recipe is great because you can take anything that you might have in the fridge and throw it into a frittata. I used things that I needed to get rid of soon, but you can put in anything you like.

In a cast iron skillet, heat the oil and add the diced shallot, garlic, and bell pepper. Cook over medium heat until softened and very fragrant. Then, add the spinach and tomato and simmer for about another minute or two until the spinach is mostly wilted.

In another bowl, whisk eggs, salt, red pepper, and pepper. Then, just before adding to the other ingredients, add 1/2 of the cheese to the eggs and stir.

Add this to the skillet and cook over medium heat for about 3-4 minutes. As it is

cooking, scrape the sides and bottom of the pan to move the egg around. When the eggs are mostly cooked but still a bit loose, cover with remaining cheese and put into a 400 degree oven.

Set the oven to high broil and leave the eggs in for about 2 minutes until cheese is slightly brown.

Remove from the oven and let stand for about 5 minutes more to let the eggs set.

Cut into wedges and enjoy!