

Veggie Skillet Frittata

From – Fresh from the Farmstand

2 Tbsp olive oil
1 clove garlic, minced
1 onion, coarsely chopped
2 cups peppers, sliced into thin strips
1 zucchini, sliced into thin strips
½ tsp fresh oregano, chopped
½ tsp fresh thyme, chopped
1 Tbsp butter
3 tomatoes, chopped
1 dozen eggs
salt & pepper to taste
½ tsp fresh parsley, chopped
1 cup shredded sharp Cheddar cheese

- Heat oil in a skillet over medium heat.
- Lightly saute` garlic and onion until translucent.
- Add peppers, zucchini, oregano and thyme. Toss gently and cook until crisp-tender.
- Remove vegetable mixture to a plate. Set aside.
- Reduce heat to low.
- Add butter and tomatoes to skillet.
- In a bowl, whisk eggs with salt and pepper. Pour into skillet.
- Once eggs begin to set, top with vegetable mixture, parsley and cheese. Do not stir.
- Cover and cook over low heat until cheese is melted.
- Loosen frittata from skillet. Slide onto a warm plate and cut into wedges.



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