

Family Mealtime // Veggie Frittata 3 Ways



FAMILY MEALTIME

VEGGIE
FRITTATA
3 WAYS

LIVE WELL UTAH

Family Mealtime doesn't have to be dinner. Try this fast and easy frittata for a protein-packed breakfast that is sure to bring your family to the table. Use your favorite vegetables, or try one of our suggested flavor combos.

Veggie Frittata

Adapted from the Live Well Utah Cookbook, Family Mealtime Edition

- 1 tablespoon olive Oil
- 2 cups vegetables, diced
- 1/4 cup onion, chopped
- 2 garlic cloves, minced
- 1/2 teaspoon thyme
- 1 teaspoons oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 9 large eggs
- 1/2 cup shredded cheese, any type

Heat olive oil in a large skillet over medium heat (a 10-inch nonstick pan works well). Add vegetables and onion and cook until tender and liquid has evaporated, about 10 minutes. Add garlic and seasoning, and stir to until evenly mixed.

Whisk eggs in a medium bowl. Add cheese to eggs and stir to combine.

Pour eggs over vegetable mixture in skillet, and stir gently. Cover, reduce heat to medium-low, and cook 15-25 minutes, or until eggs are set in the center and food thermometer inserted in eggs reaches 160 degrees Fahrenheit. Cut into wedges and serve warm.

Variations

The Greek: Spinach, sun-dried tomato, and feta cheese.

The Tex-Mex: green pepper, red onion, and pepper jack cheese.

The Garden: zucchini with parmesan cheese.

September is National Family Mealtime month. Each Friday this month we'll be posting on that topic – specifically from the Live Well Utah Cookbook, Family Mealtime Edition. This publication is available for free at your local Extension office, or available digitally here. It features some great tips on the importance of family mealtime and meal planning, plus 21 quick, inexpensive, and nutritious recipes that are sure to please even the pickiest eaters.