

VEGETABLE FRITTATA

2 Servings

INGREDIENTS

- 2 eggs
- 1 tsp butter or margarin
- 1 Tbsp chopped onion
- 1 Tbsp chopped bell pepper
- 1 Tbsp chopped mushroom
- ½ cup thinly sliced cooked potato
- 2 Tbsp grated cheese

DIRECTIONS

Step 1

Beat egg in a small bowl. Set aside.

Step 2

Turn on stove to medium heat, Melt butter in a small frying pan. Add onion, green pepper, and mushroom and cook until soft, about 5-7 minutes. Drain off any liquid.

Step 3

Pour egg over vegetables in frying pan. Turn heat to low, cover and cook until egg is cooked but still soft in the middle.

Step 4

Arrange potato slices on top of egg. Sprinkle with cheese. Cover and cook a few minutes longer, until cheese is melted. Serve right away.

From the book: (2011). The Basic Shelf Cookbook. Ottawa, ON: Canadian Public Health Association.

SHOPPING LIST

Eggs

Onion

Bell pepper

Mushroom

Cooked potato

Cheese of choice