

# RESCUE\*RECIPE - VEGGIE BREAD FRITTATA

## INGREDIENTS

6 eggs\*

½ loaf of stale bread\*

½ cup milk

1 onion\*

3 cloves garlic\*

1 zucchini\*

1 bell peppers\*

Pinch of salt and pepper

¼ cup vegetable oil, olive oil,  
butter or margarine

OPTIONAL: fresh herbs, spices,  
more vegetables\* and/ or grated  
cheese

## DIRECTIONS

**Step 1** – Mix eggs, milk, salt pepper and any extra herbs or spices in a large bowl. Cut bread into cubes add to egg mixture. Sit allowing bread to soak.

**Step 2**- Sauté onions and garlic in your choice fat, until onions are translucent. Use an oven safe frying pan (cast iron is good), if you have one. Stir frequently on medium heat, approximately 5 minutes.



Add zucchini continue cooking until vegetable picks up brown flecks.

**Step 3**- Grease a baking dish (Pyrex, pottery or metal) if not using an oven safe frying pan.

Layer all of the bread, egg mixture evenly over sautéed vegetables.

**Step 4** – scatter chopped bell pepper over the top

**Step 5** – Bake in oven at 375 for 40 minutes (optional -add grated cheese on top for the last 15 minutes)

Serve hot with side salad.

## FUNKY FOOD FACT:

NOT SURE IF THOSE EGGS ARE FRESH? ... PLACE THEM IN A BOWL OF WATER. IF THEY STAY AT THE BOTTOM - THEY'RE GOOD TO EAT. IF THEY FLOAT... THROW THEM OUT!