

Veggie Frittata

Ingredients:

- ½ a head of broccoli
- ½ white onion, diced
- ½ red bell pepper, diced or cut in strips
- 4-5 medium white mushrooms
- 2 cloves of garlic, minced
- 8 eggs
- 1 tbsp vegetable oil
- ¼ cup milk
- A pinch of nutmeg
- ½ tsp salt
- ¼ tsp pepper
- ½ cup grated mozzarella

