



"VEGETABLE FRITTATA"

TRAVEL WITH LILY AND DR. GREG TO VENICE, ITALY (SORT OF) TO MAKE A VEGETABLE FRITTATA!

INGREDIENTS (SERVES 4)

- ½ A HEAD OF BROCCOLI
- ½ WHITE ONION, DICED
- ½ BELL PEPPER, 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 CHEESE

HELPFUL HINTS

- SAFETY TIP: REMEMBER YOUR KNIFE SKILLS! USE THE CLAW OR THE BRIDGE WHEN CUTTING VEGETABLES.
- SUBSTITUTIONS: YOU CAN USE ANY VEGETABLES YOU LIKE AND YOU CAN EVEN ADD SOME MEAT (HAM, BACON) TO THE RECIPE.
- ADDING MILK AND WHISKING THE EGGS MAKES THE FRITTATA LIGHT & FLUFFY.
- MAKE SURE YOU ARE USING AN OVEN SAFE NON-STICK PAN. IF THE SKILLET HANDLE IS NOT OVENPROOF, WRAP IT IN FOIL BEFORE PLACING IT IN THE OVEN. SINCE THE OVEN DOOR IS OPEN, MOST OF THE HANDLE WILL NOT BE DIRECTLY UNDER THE HEAT.



METHOD

1. RINSE THE BROCCOLI & PEPPER UNDER COLD WATER AND WIPE THE MUSHROOMS WITH A TOWEL.
2. TRIM THE END OF THE BROCCOLI AND SEPARATE THE STEMS. USING A KNIFE, CUT THE BROCCOLI INTO BITE-SIZED PIECES.
3. CUT THE BELL PEPPER INTO STRIPS.
4. CUT THE MUSHROOMS INTO BITE-SIZED PIECES.
5. PEEL AND DICE THE WHITE ONION.
6. MINCE THE GARLIC.
7. IN A BOWL, WHISK TOGETHER THE EGGS, MILK, SALT, PEPPER AND NUTMEG. THEN SET ASIDE.
8. HEAT THE OIL IN AN OVEN SAFE NONSTICK SKILLET OVER MEDIUM-HIGH HEAT.
9. ADD THE ONIONS AND GARLIC AND COOK FOR 2-3 MINUTES UNTIL THE ONIONS START TO SOFTEN.
10. ADD IN BELL PEPPERS, BROCCOLI, AND MUSHROOMS AND SAUTÉ UNTIL TENDER AND CRISP.
11. ADD THE EGG MIXTURE TO THE SAUTÉED VEGETABLES AND SPRINKLE CHEESE ON TOP.
12. COVER WITH THE LID AND COOK ON MEDIUM-LOW HEAT FOR 5-10 MINUTES OR UNTIL THE EGGS ARE SET BUT SLIGHTLY MOIST ON TOP.
13. PLACE THE SKILLET INTO THE OVEN AND BROIL FOR 2-3 MINUTES TO SLIGHTLY BROWN THE TOP. WHEN BROILING, KEEP THE OVEN DOOR SLIGHTLY OPEN SO YOU CAN KEEP AN EYE ON THE FRITTATA.
14. ONCE COOKED, LOOSEN THE EDGES OF THE FRITTATA WITH A SPATULA AND CUT INTO WEDGES.

