



FRITTATA

THE MOST VERSATILE BREAKFAST EVER!

INGREDIENTS

- 1/3 c. heavy cream or milk alternative
- 3/4 c. favorite cheese
- Freshly ground black pepper
- Pinch of favorite seasoning
- 2 tbsp. extra-virgin olive oil
- 1 shallot or 1.3 c. onion, minced
- 3 cloves garlic, minced
- 8 oz. favorite veggies, sliced
- 1/2 c. ricotta or other creamy cheese
- 3 c. baby spinach

INSTRUCTIONS

1. Preheat oven to 375°. In a medium bowl whisk together eggs, heavy cream/milk alternative, and cheese. Season with salt, pepper, and a pinch of any other seasoning.
2. In a large skillet over medium heat, heat oil. Add shallot/onion and garlic and cook until soft, 5 minutes then add veggies and cook until soft, another 5 minutes more. Add spinach and cook until wilted, 2 minutes. Season with salt and pepper.
3. Pour egg mixture into skillet then dollop with ricotta and transfer skillet to oven.
4. Bake until eggs are just set, 12 minutes.

*Inspired by Honey Money Saver

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