

# Cook, Eat & Talk

OUR KITCHEN TABLE



## Frittata

*This dish is as quick as the drive-thru—many times healthier—and uses up those vegetables waiting in the crisper drawer!*

### Ingredients

- 6 eggs
- 1 potato, cut into small cubes
- 1/4 (or to taste) medium onion diced
- 1/2 green pepper, diced
- 1 tomato, diced
- 3 Kale leaves (or other greens)
- ½ C. shredded cheese
- 1 T. olive oil or butter

Add or substitute other veggies & cooked meats you have on hand, e.g. garlic, green beans, peas, avocado, sausage or ham.

### Instructions

Preheat oven to 300°. Beat eggs in a bowl; set aside. Sauté onion, potato and pepper in butter or oil until tender. Add remaining diced vegetables. Continue to sauté until moisture is evaporated. Spread evenly in a greased 13" x 9" baking dish. Add beaten eggs and mix to distribute vegetables evenly. Bake for 15 minutes or until eggs are set to your liking (10 minutes if you like them soft). Sprinkle cheese on top. Bake for another 5 minutes.

Yield: 6 servings. Adjust amounts to prepare for more or fewer servings.

*Recipe from Toni Scott, OKT Kitchen Coach*

# Cook, Eat & Talk

OUR KITCHEN TABLE



## Frittata

*This dish is as quick as the drive-thru—many times healthier—and uses up those vegetables waiting in the crisper drawer!*

### Ingredients

- 6 eggs
- 1 potato, cut into small cubes
- 1/4 (or to taste) medium onion diced
- 1/2 green pepper, diced
- 1 tomato, diced
- 3 Kale leaves (or other greens)
- ½ C. shredded cheese
- 1 T. olive oil or butter

Add or substitute other veggies & cooked meats you have on hand, e.g. garlic, green beans, peas, avocado, sausage or ham.

### Instructions

Preheat oven to 300°. Beat eggs in a bowl; set aside. Sauté onion, potato and pepper in butter or oil until tender. Add remaining diced vegetables. Continue to sauté until moisture is evaporated. Spread evenly in a greased 13" x 9" baking dish. Add beaten eggs and mix to distribute vegetables evenly. Bake for 15 minutes or until eggs are set to your liking (10 minutes if you like them soft). Sprinkle cheese on top. Bake for another 5 minutes.

Yield: 6 servings. Adjust amounts to prepare for more or fewer servings.

*Recipe from Toni Scott, OKT Kitchen Coach*

# Cook, Eat & Talk

OUR KITCHEN TABLE



## Frittata

*This dish is as quick as the drive-thru—many times healthier—and uses up those vegetables waiting in the crisper drawer!*

### Ingredients

- 6 eggs
- 1 potato, cut into small cubes
- 1/4 (or to taste) medium onion diced
- 1/2 green pepper, diced
- 1 tomato, diced
- 3 Kale leaves (or other greens)
- ½ C. shredded cheese
- 1 T. olive oil or butter

Add or substitute other veggies & cooked meats you have on hand, e.g. garlic, green beans, peas, avocado, sausage or ham.

### Instructions

Preheat oven to 300°. Beat eggs in a bowl; set aside. Sauté onion, potato and pepper in butter or oil until tender. Add remaining diced vegetables. Continue to sauté until moisture is evaporated. Spread evenly in a greased 13" x 9" baking dish. Add beaten eggs and mix to distribute vegetables evenly. Bake for 15 minutes or until eggs are set to your liking (10 minutes if you like them soft). Sprinkle cheese on top. Bake for another 5 minutes.

Yield: 6 servings. Adjust amounts to prepare for more or fewer servings.

*Recipe from Toni Scott, OKT Kitchen Coach*

# Cook, Eat & Talk

OUR KITCHEN TABLE



## Frittata

*This dish is as quick as the drive-thru—many times healthier—and uses up those vegetables waiting in the crisper drawer!*

### Ingredients

- 6 eggs
- 1 potato, cut into small cubes
- 1/4 (or to taste) medium onion diced
- 1/2 green pepper, diced
- 1 tomato, diced
- 3 Kale leaves (or other greens)
- ½ C. shredded cheese
- 1 T. olive oil or butter

Add or substitute other veggies & cooked meats you have on hand, e.g. garlic, green beans, peas, avocado, sausage or ham.

### Instructions

Preheat oven to 300°. Beat eggs in a bowl; set aside. Sauté onion, potato and pepper in butter or oil until tender. Add remaining diced vegetables. Continue to sauté until moisture is evaporated. Spread evenly in a greased 13" x 9" baking dish. Add beaten eggs and mix to distribute vegetables evenly. Bake for 15 minutes or until eggs are set to your liking (10 minutes if you like them soft). Sprinkle cheese on top. Bake for another 5 minutes.

Yield: 6 servings. Adjust amounts to prepare for more or fewer servings.

*Recipe from Toni Scott, OKT Kitchen Coach*