



Stove-to-Oven Vegetable Frittata

Prep: 15 minutes | Cook: 45 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: 1 wedge

Ingredients

Nonstick cooking spray
1 tablespoon olive oil
1 medium bell pepper, diced (about 1 cup)
1 medium onion, diced (about 1 cup)
½ teaspoon salt
1 cup frozen chopped spinach
2 cups frozen shredded hash brown potatoes
8 eggs
½ cup lowfat (1%) milk
½ teaspoon ground black pepper
½ cup shredded cheese (e.g. cheddar, mozzarella, Mexican blend)

Directions

1. Preheat the oven to 375°F.
2. Spray the inside of a medium to large oven-safe skillet (e.g. cast-iron, stainless steel) with nonstick cooking spray, then place on the stovetop over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the bell pepper, onion, and salt. Cook until softened and lightly browned, about 6-8 minutes, stirring often.
5. Add the spinach and cook until thawed, about 5-7 minutes.
6. Add the potatoes. Stir to combine, then remove the pan from the heat and set aside.
7. In a large mixing bowl, whisk together the eggs, milk, and black pepper.
8. Add the egg mixture to the pan with the vegetables, then sprinkle the cheese over the top.
9. Bake until fully set and golden-brown, about 25-35 minutes.
10. Let cool for 5-10 minutes, then cut into four wedges and serve warm.

Recipe Notes

- If you don't have an oven-safe skillet, assemble the ingredients in step 8 in a greased 8x8-inch baking dish.

**Nutrition Facts Per Serving: Calories: 290 | Total Fat: 17.5 g | Saturated Fat: 6.5 g
Sodium: 560 mg | Total Carbohydrate: 16 g | Dietary Fiber: 2.5 g | Protein: 18 g**

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