

Vegetable Frittata Recipe



Ingredients

8 Pasture Raised Eggs

1 Head of broccoli chopped small

¼ Green pepper, chopped

¼ Bunch of scallions, chopped

4 Pre-cooked, unpeeled potatoes

1 Stock cube

2 Fresh tomatoes

Shredded cheese (optional)

Salt & Pepper

Method

Slice the well washed potatoes in thin slices and pre-cook by boiling in water with a dissolved stock cube. This helps to add more flavor and depth to the final dish.

Chop all your vegetables and set aside until the potatoes are cooked and then lay them in layers at the bottom of your baking dish. Next, sprinkle all the veggies evenly over the top of the potatoes.

Whisk your eggs in a bowl and add some water or milk and salt and pepper to taste. Pour the egg mixture over the vegetables.

Top with a sprinkling of shredded cheese, if desired, and sliced tomatoes.

Bake in the oven at 350F for about a half hour or until the egg has puffed up and become firm.

Source: Saving the Green



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