

Mediterranean Vegetable Frittata

Try this vegetable and protein packed Mediterranean frittata for a quick, healthy, and easy meal!

Prep time: 15 minutes

Cook time: 30 minutes

Makes 6-8 servings

Ingredients:

9

- 1 red bell pepper (cored and chopped)
- 1 zucchini (finely diced)
- 2 green onions (chopped)
- 1/4 a head of broccoli (chopped)
- Pinch of sea salt
- Pinch of black pepper
- Olive oil
- 7 large eggs
- 1/4 teaspoon baking powder (optional)
- 1/4 cup of whole milk (substitute for a dairy free milk if needed)
- 1/3 cut feta cheese
- 1/3 cup fresh parsley (chopped)
- 1 teaspoon fresh or dried thyme



Instructions:

1. Preheat oven to 450°F and position the rack in the middle.
2. In a mixing bowl, toss the bell peppers, zucchini, green onion, and broccoli with a pinch of salt and black pepper. Add 3 tablespoons of olive oil and toss so vegetables are well coated.
3. Add vegetables to a sheet pan and place in oven for 15 minutes or until vegetables are soft and lightly charred.
4. Remove vegetables after 15 minutes and turn oven down to 400°F.
5. In the same mixing bowl, you used for the vegetables, whisk together the eggs, baking powder, milk, feta, parsley, thyme, and a pinch of salt and pepper.
6. Fold the roasted vegetables into egg mixture.
7. Coat the bottom and sides of a 10-inch pan. You can warm the oil in the oven for a few minutes, and then add the egg and vegetable mixture into the pan.
8. Put the pan in the pre-heated oven and cook for 8-10 minutes or until the center of the eggs are cooked through and the firm.
9. Serve with more feta and garnish with fresh parsley.

Recipe derived from: [The Mediterranean Dish](#)



For more information visit:
WWW.MAGNAWELLNESS.COM

GOOD for you
Health and Wellness
for Magna Employees

MAGNA