

Fresh Garden Vegetable Frittata

Ingredients:

2 c. Liquid Egg replacement
1 Jumbo Whole Egg
1 ¼ c. Medium Cheddar cheese, shredded, divided
1 ¼ c. Jack cheese, shredded, divided
½ c. 2% milk
¼ c. Whole Wheat flour
¼ c. All-purpose flour
1 tsp. baking powder
½ tsp. Kosher salt
1 16 oz. container Low-fat Cottage Cheese
Canola Oil Cooking Spray
4 c. Zucchini, sliced thin (about 4 medium)
2 c. Yukon Gold potatoes, finely diced
½ c. Red Bell pepper, finely diced
½ c. Green bell pepper, finely diced
1 8 oz. pre-sliced White Mushrooms
2 large Roma Tomatoes, thinly sliced
½ c. fresh Parsley, finely chopped

Directions: Pre heat Oven to 400°

Step 1: Beat or whisk egg substitute and whole egg together in a large bowl until fluffy. Add ¾ c. each type of cheese, milk, flours, baking powder, salt, and cottage cheese.

Step 2: Heat a large non-stick skillet over med-high heat. Coat pan with cooking spray. Add vegetables, through mushrooms; sauté' for 5 min. or until tender.

Step 3: Add the vegetable mixture to the egg mixture. Add the parsley. Combine with a rubber spatula. Pour combined mixture into a 3 quart casserole dish coated with cooking spray. Sprinkle mixture with remaining cheeses. Arrange tomato slices over cheese. Bake at 400° for 15 minutes. Reduce heat to 350° and continue baking for 35 more minutes or until lightly browned and set. Do not cover.