

SPINACH FRITTATA



6 large eggs

1 cup milk

½ cup cheddar cheese, grated

½ cup Monterey jack cheese, grated

¼ cup diced onion

½ cup sliced mushrooms

4 cups fresh spinach (washed, stemmed & chopped)

¼ cup can diced green Ortega chilies, drained

¼ cups diced roasted bell peppers

Salt and pepper to taste

Olive oil

OVEN MODE

Convection Bake

OVEN TEMPERATURE

350°F

BAKING DISH

Greased 2 qt. casserole

RACK POSITION

2

COOK TIME

45-55 minutes

SERVES

4-6

DIRECTIONS

Heat the oven to 350

In a mixing bowl whisk the eggs and milk together. Fold in the cheeses and season with salt and pepper and set aside.

Sauté the onions and mushrooms with a little olive oil in a sauté pan. Toss in the spinach and sauté for a few seconds to wilt the greens. Fold in the chilies and peppers.

Add the spinach mixture into the bowl of the beaten egg mixture and combine.

Pour the egg spinach mixture into a prepared 2 quart casserole dish and bake for 45-55 minutes or until puffy, set, and lightly browned.