

Breakfast Veggie Frittata

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Serves 4, 1 FSP per serving

You can mix and match any veggies you choose!

- 6 large eggs
- 1 cup green bell pepper (chopped)
- 1 medium tomato (chopped)
- 2 ounces Cabot 75% reduced fat cheddar (grated)
- salt and pepper to taste

1. Preheat oven to 400. Spray a 9 inch deep dish pie plate with non stick spray.
2. In a bowl, whisk eggs. Add salt and pepper, whisk. Add in chopped veggies and cheese. Pour into prepared pie dish.
3. Bake 15 minutes or until a knife inserted near the center comes out clean. Let sit 5 minutes, slice and serve.