

## Vegetable Frittata

Serves 6

2 tbsp oil or butter  
1 onion, diced  
2 cloves garlic, minced  
2 cups cooked vegetables (could be spinach, swiss chard, zucchini, mushrooms, peppers, broccoli, etc in any combination)  
2 tbsp fresh basil, thyme, dill (could be all 3 or any combination-dried is okay but use less)  
6 eggs  
¼ cup milk (substitute soy or rice milk if desired)  
Salt and pepper to taste  
Hot pepper flakes to taste (optional)  
½ cup feta cheese

Preheat oven to 350 degrees, and prepare a pie pan by oiling it. In a frying pan, add oil and sauté the onion and garlic until soft. Remove from pan and add your vegetable mixture. Cook the vegetables until tender. In a large bowl, beat the eggs with the milk, hot pepper flakes, salt and pepper and herbs. Add all the cooked vegetables and the feta cheese to the bowl, and mix. Pour the mixture into the prepared pie pan and bake for about 45 minutes, or until set in the middle and lightly browned on the top.

Note: Using spinach or swiss chard as the vegetable, creates a taste similar to Greek Spanakopita!



### Local Ingredients:

Basil  
Broccoli  
Butter  
Dill  
Eggs  
Garlic  
Hot Red Peppers  
Milk  
Onions  
Peppers  
Spinach  
Swiss Chard  
Thyme  
Zucchini

