



FOOD  
FRESH  
PROJECT



## EGG FRITTATA

**12 Eggs**

**3 Tbsps full-fat dairy** (*heavy cream, half-and-half, whole milk, sour cream, crème fraîche or yogurt*)

**½ Tsp salt**

**1 Cup (4 oz) grated or crumbled cheese**

**3 to 5 cups chopped vegetables or greens of choice** (*or up to 3 cups leftover cooked vegetables or greens*)

**1 Tbsp oil for coating your pan**

This one is SO SIMPLE!! Preheat your oven to 350°F.

Crack all your eggs into your big bowl, whisk in the sour cream, salt followed by the cheese and lastly, veggies of your choosing.

Prepare your baking vessel of choice (whether baking dish, loaf pan, or muffin tin) by coating it in oil. Once you have your mix ready pour it into the pan and pop in the oven for 15 - 20 minutes for muffins and 25 - 30 minutes in a larger pan depending on the thickness of the egg mix.

**ENJOY!**