

## VEGETABLE FRITTATA

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Included in Box:**

- 1 (15 oz) can no salt mixed vegetables, drained and rinsed
- ¼ c. 1% milk

**Additional Ingredients Needed:**

- 6 eggs, lightly beaten
- 1 sweet potato, finely chopped
- ¼ c. shredded cheddar cheese
- 1 small onion (-½ c.), chopped

**Directions:**

1. Preheat oven to 350 degrees F.
2. Combine ingredients in a medium size bowl; mix to combine.
3. Pour contents into a well-greased 8x8" square baking dish, or 9" round pan.
4. Place in oven and bake for 30 minutes, or until eggs have set.

**Tip:** Add leafy greens (spinach or kale), mushrooms, zucchini or broccoli before baking for additional vegetables and flavor!



**Nutrition Facts\***

**Total Servings:** 6  
**Serving Size:** 1 slice (4" x 2 ¾")  
**Calories:** 190  
**Fat:** 7 g  
**Sodium:** 168 mg  
**Carbohydrates:** 14 g  
**Fiber:** 3 g  
**Protein:** 11 g  
**Carbohydrate Servings:** 1

*\*Nutrient facts includes canned unsalted mixed vegetables, 1% milk, large brown eggs, 1 fresh sweet potato, Kraft sharp cheddar shredded cheese, and small white onion.*