

FRITTATA

INGREDIENTS:

- 1 TBSP Canola Oil
- 6 Eggs, beaten
- 1/4 Cup Onion, sliced
- 1 Cup Spinach
- 1/2 Cup Mushrooms, sliced
- Salt and Pepper to taste

Add any other vegetables you like or try adding a little cheese before placing the pan in the oven. Have fun!

METHOD:

1. Preheat oven to 300°. Spray a medium-sized, oven safe, frying pan with non-stick spray. Add the oil to the pan and place over medium heat.
2. Add the onion and mushrooms to the pan. Sauté until just tender. Season lightly with salt and pepper.
3. Add the spinach and sauté for a few minutes, just until it begins to wilt.
4. Pour the eggs over the vegetables and give a light stir to evenly distribute the vegetables through the eggs.
5. Place the pan in the oven and bake for 10 to 15 minutes, just until set in the center.



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