

Easy Garden Frittata

Ingredients

- 3 Tbsp olive oil
- 2 medium sweet potatoes, grated
- 1 cup broccoli florets
- 1 red bell pepper, chopped
- 1 carrot, diced or shredded
- 3-4 scallions, chopped (optional)
- 8 eggs
- 1/3 cup milk
- 1/4 tsp salt
- 1/3 cup Parmesan cheese, freshly grated

Directions

1. Preheat oven to 350°. Spray a 9" x 13" pan with oil
2. In a large skillet heat the olive oil over medium-high heat.
3. Add the potatoes and vegetables; cook 5 minutes or until potatoes are browned, stirring occasionally.
4. In a bowl mix together the eggs, milk, and salt with wire whisk until well blended.
5. Transfer vegetables to oiled pan. Pour the eggs over potato mixture.
6. Bake in preheated oven for 40 minutes.
7. Sprinkle with Parmesan cheese and return to oven for 5 minutes more.
8. Let stand 5 minutes.
9. Cut into squares and serve.