

PREPARATION 15 MIN · COOKING 45 MIN · 12 PORTIONS

CHECKED INGREDIENTS CAN BE FOUND AT THE MARCHÉ DÉPÔT

INGREDIENTS

- ✓ 2 tbsp olive oil
- ✓ 6 potatoes, sliced
- ✓ 2 garlic cloves, minced
- ✓ 2 zucchinis, sliced *
- ✓ 3 cups broccoli florets, chopped *
- ✓ 1 red bell pepper, diced *
- ✓ 10 eggs
- ✓ 3/4 cups milk
- 3/4 tsp salt
- 1/2 tsp pepper
- ✓ 1 1/2 cups shredded cheese

or 6 cups of any
combination of
veggies!



PREPARATION

1. **Preheat** oven to 350°F.
2. In a large skillet, heat **olive oil** over medium heat. Cook the **potatoes**, stirring occasionally, until tender but firm, about 10 minutes.
3. Line a baking pan with parchment paper & lay the cooked sliced potatoes onto the baking pan. *This will be your frittata base!*
4. In the same skillet used for the potatoes, heat 1 tbsp of olive oil. Add the **garlic, zucchini, broccoli** and **peppers** and sauté until they are beginning to soften, about 5 minutes. Remove from heat and set aside.
5. For the frittata mixture: In a large bowl, whisk together the **eggs and milk**, then add the vegetables from the skillet. Add **salt & pepper**. Stir to combine.
6. Pour the egg mixture on top of the potatoes in the baking pan. Sprinkle the **shredded cheese** on top.
7. Put the baking pan in the oven and bake for 30 min, or until centre is firm.
8. Let it sit for 5 mins, then flip it over on the pan.
9. Cut it into **12 squares** & Enjoy!



To keep you fuller longer, try replacing the milk for cottage cheese or adding shredded chicken!