

# Pizza Frittata

## Ingredients

YIELDS: 4 servings

PREP TIME: 20-30 minutes

- Few sprays of non-stick cooking spray
- 1 small onion
- 2 mushrooms
- 1 small red, green, orange or yellow pepper
- 1 tomato
- 15 ml (1 tbsp) vegetable oil
- 60 ml (1/4 cup) 6 eggs
- 60 ml (1/4 cup) water
- 15 ml (1 tbsp) fresh parsley
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) dried basil
- 2 ml (1/2 tsp) ground black pepper
- 30 ml (2tbsp) pizza sauce



EQUIPMENT: electric skillet / paring knives / chefs knives / cutting boards / liquid measuring cup / set of dry measuring cups / set of measuring spoons / cheese grater / flipper / whisk / mixing bowl (small) / mixing bowl (medium) / mixing bowl (large) / small plates and forks for sampling

## Directions

- 1) Spray electric skillet with non-stick cooking spray; heat to medium-high.
- 2) Wash onion, mushrooms and peppers and chop finely for pizza topping.
- 3) Measure and heat oil in electric skillet. Add onions, mushrooms and peppers and cook until soft, stirring often. Remove cooked vegetables from skillet and place in small bowl.
- 4) Chop tomato into small pieces. Grate cheese and set aside.
- 5) Whisk eggs, water and seasonings together in large bowl. Wash hands after handling raw eggs.
- 6) Pour whisked eggs into hot skillet. As mixture sets at the edges, gently lift cooked edges with spatula to allow uncooked egg to flow underneath. Cook until bottom of frittata is set and top is almost set. Turn off the heat.
- 8) Spread pizza sauce over the frittata. Garnish with cooked vegetable toppings and chopped tomato. Sprinkle with mozzarella cheese.
- 9) Cover skillet with lid and allow cheese to melt and frittata to cook for another minute.
- 10) Once cheese has melted and frittata has cooked through (eggs are firm), serve and enjoy!

### Chef's Tip



*If possible, use a food thermometer to check to see that your eggs are cooked; the internal temperature should be at least 74°C.*

*Let's Get Cookin'!*

