



BAKED FRITTATA MILANESE

1 tablespoon olive oil
1 cup broccoli florets
1/2 cup sliced mushrooms
1/2 cup red pepper, chopped or cut into rings
2 green onions, sliced into 1/2-inch pieces
8 eggs
1/4 cup Dijon mustard
1/4 cup water
1-1/2 teaspoons Italian seasoning
1 cup shredded Swiss cheese
1 tablespoon grated Parmesan cheese

Also Required:

10 inch ovenproof skillet
electric mixer or wire whisk

Preheat oven to 375° F. Heat the olive oil in a 10 inch ovenproof skillet over medium high heat. Sauté the broccoli, mushrooms, red pepper and green onions until nearly tender, about 5 minutes. Remove from heat and set aside.

With an electric mixer or wire whisk, beat together the eggs, mustard, water and Italian seasoning until foamy. Stir in cheeses and pour mixture into skillet over vegetables. Bake 20 to 25 minutes or until set. Cut in wedges and serve hot or at room temperature.

Servings: 4 to 6

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