

Breakfast Frittata with Multigrain Toast

Serves 3



- ¼ onion
- 1 slice red pepper
- 2 mushrooms, cubed
- 1 stalk broccoli, chopped
- 1 slice ham, cubed
- Small handful spinach leaves, rough chop
- 5 ml oil
- 3 eggs
- Dash pepper and salt
- Pinch Italian seasonings/hot sauce/worcestershire sauce
- 15 ml grated cheddar cheese
- 15 ml feta cheese
- Spring of basil
- Tomato slices or salsa

Equipment list

Cutting mat
Paring knife
Small bowl
Fork
Plastic flipper
Frying pan

METHOD:

- 1. Preheat oven to 400°F. **CON BAKE 4/O/O START**
- 2. Prepare vegetables on a cutting matt. Chop mushrooms, onions, broccoli, spinach and pepper. Dice ham into small cubes.
- 3. Heat oil in a frying pan or skillet on medium/high heat (#5). Add mushrooms, onions, pepper, broccoli and ham and sauté until the onions are tender and not brown. Stir with a plastic flipper.
- 4. Beat eggs with a fork in a small bowl. Add salt and pepper, herbs and cheese.
- 5. Pour egg mixture over vegetables. Let the egg mixture cook until the egg sets around the edges. Gently lift the egg at the edges and let the uncooked egg seep underneath. Cook until mixture is firm but still moist. Put the pan in the oven to cook the top. **REMEMBER – Hot Handles on the pan**
- 6. Remove from heat. Slide the egg onto a plate.