

# YOUNG CHEFS® ACADEMY

CORPORATE TEST KITCHEN

## Vegetable Frittata

*A Young Chefs® Academy Recipe*

Ingredients	Equipment
2 Tbsp. vegetable oil ¾ cup diced green bell pepper ¾ cup diced mushrooms ¾ cup diced zucchini ¾ cup diced onion ¾ cup diced pimento 6 large eggs 2 packages (8 ounces each) cream cheese, softened ¼ cup milk 2 cups cubed white bread 6 ounces cheddar cheese, shredded (about 1 ½ cups) 1 teaspoon salt ½ teaspoon garlic powder ¼ teaspoon pepper	9" spring form pan Knife Cutting board Measuring cups/spoons Large skillet Large mixing bowl

### Let's Get Cooking!

1. Heat oven to 350 F. Lightly grease a quiche or 9" spring form pan.
2. Heat oil in a large skillet add bell pepper, mushrooms, zucchini, onion and pimento sauté until tender. Drain and transfer to a large bowl.
3. Beat eggs with cream cheese and milk until smooth. Add egg mixture to vegetable mixture. Stir to combine.
4. Add bread, cheese, salt, garlic powder and pepper. Combine well. Pour into prepared pan.
5. Bake for 30 minutes. Cool for 10 to 20 minutes and then cut into wedges.

*Yield: 1 (9") frittata, about 6 servings*

