

North Lodge on Oakland Recipe

Roasted Red Pepper & Spinach Frittata

Ingredients

6 eggs

1 TBS milk

½ tsp each salt & pepper

Splash of Tabasco or hot pepper sauce

1 cup cottage cheese

1 ½ cups cheddar cheese

1-8oz jar roasted red peppers

½ pound sliced mushrooms

1 medium onion, halved then thinly sliced

1-10 oz package of frozen spinach thawed then squeezed dry

Directions

Preheat oven to 350

In medium bowl, whisk eggs, milk, salt, pepper, Tabasco and cottage cheese.

Set aside in a 10-12 inch skillet sauté onion, mushrooms (about 5-7 minutes).

Add spinach and roasted red pepper.

Pat mixture down smoothly in the skillet and top with cheddar cheese.

Pour egg mixture over vegetable mixture and stir gently in pan.

Continue heating until the bottom is set (about 3 minutes), lifting the edges and tilting the pan to allow the uncooked egg to flow to the bottom.

Cover skillet and transfer to the oven. Bake until set (12-15 minutes).

Serves 6