

Any Way You Like It Frittata

3-4 cups filling (meat, veggies, cooked pasta, etc)
2 tsp. butter, melted
½ cup milk
4 egg whites (1/2 cup liquid egg whites)
3 eggs
Salt and black pepper, to taste
½ cup shredded cheese, optional (mozzarella, cheddar, etc.)
Cooking spray

Preheat oven to 450.

Heat a large non-stick skillet over medium-high heat. Lightly coat with cooking spray and cook filling ingredients until everything is cooked through and excess moisture has evaporated. Drain if necessary. Remove from pan, and wipe the pan clean. Let mixture cool slightly.

In a large bowl, whisk together butter, milk, eggs, salt and pepper. Add filling, and stir to combine.

Heat the pan over medium-low heat, and lightly coat with cooking spray. Add egg mixture. When the edges begin to set (about 4-6 minutes), gently lift edges of frittata and tip the pan letting uncooked egg to touch sides of the pan. Go around the frittata doing this at least once. Continue cooking until almost set, about 5-7 minutes. Sprinkle with cheese, and wrap the handle with foil.

Bake at 450 for 8 minutes, or until edges are golden brown. Let cool at least 5 minutes, and then with a spatula gently remove from pan. Cut into 8 pieces and serve.

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