

BROCCOLI & CHEESE FRITTATA (CRUSTLESS QUICHE)



A Mobile Market Recipe

Makes: 4 Servings

Ingredients:

3-4 cups chopped broccoli
1 Tbsp. Olive Oil* or Butter
1 Onion, halved and sliced
8 Eggs
1 cup Milk
1 cup Shredded Cheese
1/2 tsp. Salt
1/2 tsp. Pepper

*May substitute any cooking oil



Instructions:

1. Preheat oven to 375 degrees Fahrenheit.
2. Steam broccoli until tender, run under cold water and put aside.
3. Heat oil or melt butter on medium in an oven-proof skillet (if your skillet isn't oven-proof, just transfer everything to a baking dish in Step 5).
4. Add the onions, stir and cook until they are golden brown and starting to caramelize.
5. Remove the pan from heat and spread the onions evenly across the bottom. Then spread the broccoli evenly over the vegetables. The dish or pan should look fairly full.
6. In a bowl, whisk together the eggs, milk, cheese, salt and pepper.
7. Pour the egg mixture over the vegetables, and allow it to fill in around the vegetables.
8. Transfer the ovenproof skillet or baking dish to the oven and bake for about 45 minutes. Once the surface is lightly browned all the way across, take the internal temperature; if it is at least 160 degrees Fahrenheit, the frittata is fully cooked.
7. Let cool for 20 minutes before slicing into wedges or squares. Note you can refrigerate leftover portions up to 3 days or freeze for later use.

Recipe adapted from "Good and Cheap - Eat Well on \$4/day" by Leanne Brown