

Day 116 - Italian Frittata

Prep time: 10 minutes Cook: 8 minutes Stand: 5 minutes Serves: 2

Ingredients:

4 eggs

¼ cup whole milk

¼ tsp dried Italian seasoning

Salt and black pepper

1 cup shredded Italian blend cheese

2 tsp butter

In a medium bowl, whisk together eggs, milk, and Italian seasoning. Lightly season with salt and pepper. Stir in cheese.

In a medium 6 to 8-inch nonstick skillet, melt butter over medium heat. Pour egg mixture into skillet. Cook uncovered, over low to medium heat 8 to 10 minutes or until eggs are almost set.

Remove skillet from heat. Cover and let stand 5 to 10 minutes or until eggs are completely set and no liquid egg remains. Cut into wedges to serve.