

# Sheet-pan Veggie Frittata

Prep Time: 10 minutes Cook Time: 30 minutes

Serves 12

Using a sheet pan is an easy way to bake up a tender and delicious frittata for a crowd or to get plenty of leftovers. Can always tweak with other veggies (I added spinach) or add more proteins (bacon, ham, turkey sausage etc) the options are endless!

## Ingredients:

- Cooking Spray
- 1 ½ cups thinly sliced zucchini (about 2 medium)
- 1 ½ cups thinly sliced yellow summer squash (about 2 medium)
- 1 cup halved grape tomatoes
- 1 medium red bell pepper cut into thin strips
- ½ cup reduced fat 2% milk
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp dried thyme
- 12 large eggs
- ¾ cup shredded reduced fat sharp cheddar
- ¼ cup chopped fresh chives

1. Preheat oven to 400 degrees. Coat a large 18x13 inch sheet pan with cooking spray
2. Combine the zucchini, squash, tomatoes and bell pepper on the prepared pan and spread into an even layer, avoiding overlap as much as possible. Bake at 400 until the veggies are crisp-tender (about 15min).
3. Reduce the oven temperature to 350. In a large bowl, whisk the milk, salt, black pepper, thyme and eggs. Fold in the cheese and chives. Pour the eggs over the vegetables on the pan, stirring to redistribute the cheese and chives if necessary.
4. Bake at 350 until the eggs are set (15-17 minutes). Run a thin knife or offset spatula around the edges of the frittata to loosen it from the pan. Store the frittata in the refrigerator for up to 5 day or freeze for up to 1 month.

Per serving (1/12 frittata) – 110 cal, 7g Total Fat, 2g Sat Fat, 282mg Sod, 4g Total carbs, 2g Sugar, 1g Fiber, 9g Protein.