

VEGETABLE FRITTATA

Equipment:

Measuring Spoons

Measuring Cup

Microwave safe plastic bowl with cover

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

2 tbsp butter 25 ml

1 onion, thinly sliced 1

4 asparagus stalks, sliced 4

3 mushrooms, sliced 3

1/2 zucchini, sliced 1/2

6 eggs, beaten 6

Salt and pepper to taste

1/2 cup pepperoni, thinly sliced optional, 125 ml

Procedure:

1. Cook butter and onion in an 8" (20 cm) quiche dish at **P7** 3 1/2 - 4 1/2 minutes.
2. Add asparagus, mushrooms and zucchini.
3. Cook at **P7** 4 - 4 1/2 minutes, stirring once.
4. Add eggs, seasonings and if desired, pepperoni.
5. Cover.
6. Cook at **P3** 5 1/2 - 7 minutes.

Chefs Tip:

Add Cheese!!!