



Tomato-Onion-Spinach-Mozzarella Frittata

Ingredients:

- 12 Eggs
- ½ cup Evaporated Milk (can be soy or rice milk)
- ½ tsp Salt
- ½ tsp. Black Pepper
- 2 Tbsp olive oil
- 1 Tsp of Mustard Powder
- 2 Tbsp. Butter

6-8 Cherry Tomatoes, cut into quarters
½ Yellow Onion, minced
½-¾ cup fresh chopped Spinach Leaves
¾ c. shredded Mozzarella Cheese

Directions:

- Blend Eggs, Evaporated Milk, Salt, Pepper, Olive Oil, and Mustard Powder on high speed with an immersion blender until frothy.
- In a slant sided large fry pan heat Butter until melted.
- Add Tomatoes, Yellow Onion, and Spinach to pan. Cook until the color of the ingredients deepens. You do not want everything to become soft!
- Add egg mixture to pan while keeping on low heat.
- Continuously stir contents of pan, making sure to scrape the sides and bottom of the pan constantly. Once, the eggs start to stick together (about half the mixture is sticking together and half is still liquid), stir in Mozzarella.
- Place frying pan in the oven and bake at 350° for about 15 minutes.
- Remove pan from oven, and place on stovetop with flame set to high. Quickly and abruptly shake pan in order to make Frittata become loose. Once loose, slide onto a separate plate. After a few minutes of cooling, cut Frittata into wedges.