

# Vegetarian Frittata



Ingredients	Amount
Eggs	8
Zucchini, chopped	1
Red Bell Pepper, chopped	1
Mushrooms, sliced	1 Cup
Morning Star Veggie Patties, heated for 1 minute in microwave and chopped	4
Reduced Feta cheese, crumbled	3/4 Cup
Nonfat milk	1/4 Cup

## Directions

Preheat Oven to 350\*

In a large bowl whisk together eggs and milk

Spray frying pan with pam and stir fry zucchini, bell pepper, mushrooms, and veggie sausage until tender.

Add egg mixture to pan and cook for 1 minute.

Transfer mixture to pie pan and sprinkle feta on top. Bake 25-30 minutes until frittata is set in center and slightly puffed.

## Nutrition Info:

Serving size: 1/8 (serves 8)

<b>Calories</b>	143 cal
<b>Fat</b>	8 g
<b>Carbohydrates</b>	4 g
<b>Protein</b>	14 g
<b>Sodium</b>	360 mg