

Pepper Frittata

Just Say Yes to Fruits and Vegetables

Quick enough for a delicious and nutritious week day breakfast!



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Serves 6 ▪ Serving: $\frac{3}{4}$ cup

Just Say Yes to Fruits and Vegetables

Add in greens such as spinach and arugula at the end for extra nutrients and flavor!

Ingredients:

- 2 tablespoons vegetable oil
- 2 chopped potatoes
- 2 chopped onions
- 3 chopped bell peppers
- 6 beaten eggs
- Salt and pepper (optional)

Directions:

1. Heat oil in a frying pan over medium heat.
2. Add potatoes, onion, and peppers and cook until vegetables are soft.
3. Pour in eggs and gently stir together.
4. Cover the pan and continue to cook until eggs are firm.
5. Serve hot and enjoy!
6. Refrigerate leftovers.