

Veggie & Egg Frittata

Ingredients:

- 1 cup of chopped fresh veggies- I did mushrooms, broccoli, and roasted red peppers (from jar)
- 2 eggs
- ¼ cup cottage cheese
- ¼ tsp garlic powder
- Salt and pepper to taste
- Sprinkle of Fresh parmesan cheese
- Microgreens (optional but so yummy and LOADED with nutrients) I buy mine at sprouts

Directions

1. Combine eggs and cottage cheese. You can whisk by hand, but I prefer to mix in my blender! It really gives them that extra fluff.
2. Heat 1 TBS of olive oil in medium skillet and saute veggies for 3-4 minutes.
3. Add eggs to the skillet along with seasonings. Turn heat to medium/low. Put lid on skillet and let cook for about 4 minutes, or until eggs are firm.
4. Remove lid, and top with parmesan cheese and microgreens if desired!

MADE WITH LOVE

by Teresa Forchard