



## CALIFORNIA PEPPER FRITTATA

### CONTENTS:

1 ½ cups	Grated Cheddar Cheese
6	Eggs
¾ cup	Italian Style Bread Crumbs
9.2 oz (260 grams)	Reduced Moisture™ Vegetables
	3/8" Diced Mild Green Chili
	3/8" Diced Jalapeno Pepper
	3/8" Diced Red Bell Pepper
	¼" Diced Sweet Yellow Onion
5 g	SupHerb Farms IQF Minced Garlic
5 g	Fresh, Chopped Parsley (Garnish)
½ Teaspoon	Worcestershire Sauce
¼ Teaspoon	Tabasco Sauce
To Taste	Salt & Black Pepper
1 Tbsp.	Olive Oil

### PREPARATION INSTRUCTIONS:

Butter a 9 x 12" casserole pan. Pre-heat the oven to 325°F.  
Using a medium size mixing bowl, add the eggs, cheese, bread



## PREPARATION INSTRUCTIONS (CONT.):

crumbs, Worcestershire, and Tabasco. Mix well. To a small skillet, add 1 Tbsp. of olive oil. Heat the oil and sauté the vegetables & garlic for 3-4 minutes. Season the vegetables with salt and pepper, to taste. Add the sautéed vegetables to the egg mixture and mix. Spread the mixture into the buttered casserole pan. Sprinkle top of frittata with fresh, chopped parsley. Place in pre-heated oven and bake for 35-45 minutes until set. Remove from oven and cool for 15-20 minutes before slicing. Serve warm.

To re-heat frozen frittata, place pieces in a microwaveable container. Re-heat on medium setting for approx. 1½ min.