

Baked Broccoli Frittata

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Ingredients:

1 cup of sliced onions.
½ cup of sliced green bell pepper.
1 clove garlic, minced.
2 tablespoons of butter.
6 medium eggs.
1/3 cup of half and half.
½ teaspoon of basil.
½ teaspoon of lemon pepper seasoning.
1 cup of frozen broccoli, cooked, drained.
1 cup of shredded Monterey Jack cheese.
½ cup of grated Parmesan cheese.

Directions:

Preheat your oven to 425°F (210°C).

Generously butter a 2 quart shallow casserole or 4 individual baking dishes.

In a large skillet over medium-low heat, sauté the sliced onions, bell pepper and garlic in the butter until tender; cook slightly.

In a large bowl, beat the eggs, half and half, basil and lemon pepper seasoning until combined.

Stir in the onion-pepper mixture and broccoli.

Pour into prepared casserole.

Sprinkle with the shredded Monterey Jack and grated Parmesan.

Bake for 20 minutes or until mixture is set (the top will remain moist).

Allow to stand for 5 minutes before serving.