

## Vege Breakfast Frittata

**Prep Time:** 15 Minutes

**Cook Time:** 20 Minutes

**Ready In:** 35 Minutes

### INGREDIENTS:

2 tbsp extra-virgin olive oil (This may be replaced with the oil from the sun-dried tomatoes)

1 small green bell pepper, diced

1 small red bell pepper, diced

½ small red onion, thinly sliced

2 cups packed baby spinach

¼ cup sun-dried tomatoes, chopped (not packed in oil)

1 clove garlic, sliced

Fresh mushrooms

1 can sliced olives

Green onions

10 large eggs, beaten

Kosher salt and ground pepper

Optional: hot sauce

### DIRECTIONS:

Preheat the oven to 375 degrees F

Heat the oil in a medium oven-safe nonstick skillet over medium-high heat.

Add the bell peppers and onion and cook, stirring occasionally, until softened, 6 to 7 minutes.

Add the spinach, sun-dried tomatoes, garlic, mushrooms, olives, and green onions and cook, stirring frequently, until the spinach is just wilted and still vibrant green, about 1 minute.

Reduce the heat to low and add the eggs, 1 teaspoon salt and a few grinds of black pepper.

Stir gently to distribute the vegetables.

Bake until the eggs are set, 13 to 15 minutes.

Let stand for 5 minutes, then slice into 6 pieces.

Serve with hot sauce.

Refrigerate in an airtight container for up to 1 week.