

MUSHROOM & ONION 'FRITTATA'

Ingredients

2-3 Tbsp olive oil
1 large onion, sliced
8 oz sliced mushrooms
8 eggs
1/4 c. milk
1 cup shredded cheese, or mix of cheeses
Salt & pepper, to taste
Non-stick spray

Method

- Sauté onions in olive oil until caramelized & golden brown
- Add mushrooms & sauté until soft. Set aside.
- In a large bowl, whisk together, eggs, milk, salt & pepper
- Add cheese to egg mixture & stir through.
- Spray a round casserole dish 12-13" with non-stick spray
- Add onions & mushrooms
- Cover with egg mixture
- Using a spatula or spoon, gently mix everything together in the casserole
- Bake at 350° for approximately 20-30 minutes until golden brown

Serve hot or cold with a green salad