

BREAKFAST FRITTATA

Ingredients

1 cup diced fresh mushroom

2/3 cup chopped onion

2/3 cup chopped bell pepper (color of your choice)

1 cup chopped zucchini

1 tsp minced garlic

2 TBS vegetable or olive oil

Mrs. Dash

5 eggs

1/3 cup light cream

½ tsp salt

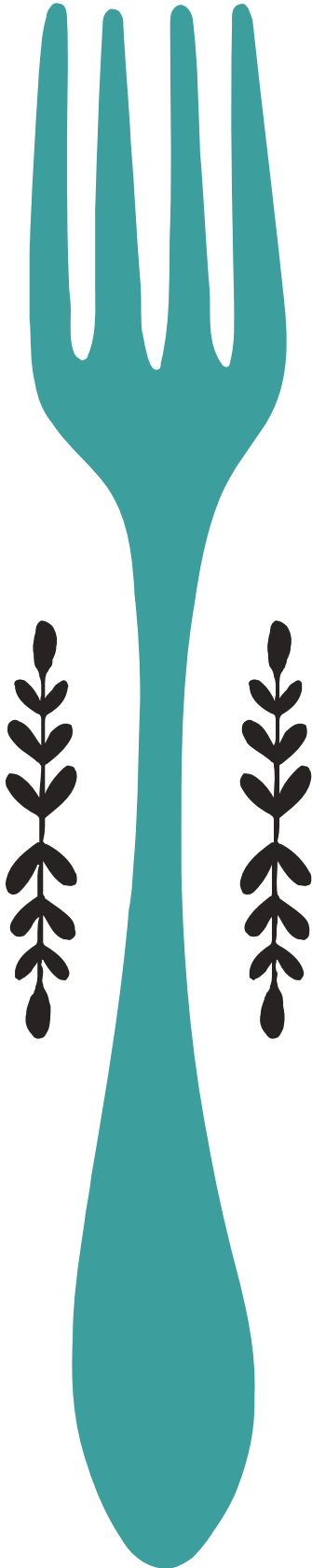
Dash black pepper

1 ½ cup soft bread cubed

8 oz cream cheese cubed

1 cup shredded cheese of your choice

*Optional Meat Options: bacon, sausage, Canadian
bacon*



Instructions

Sauté all vegetables together in oil until they are slightly tender...season a little bit with Mrs. Dash.

Set aside to cool

In a large bowl beat together eggs, cream and s/p.

Lightly, stir all ingredients together until combined.

Pour into a lightly greased pan and bake at 350 for 45 minutes or until middle is set.

Cool 5-10 minutes before cutting

Serves 6