



#MakeItGAP

RECIPES

CHEESY HAM AND BROCCOLI FRITTATA

YIELD: 4 Servings

INGREDIENTS:

1 tsp. olive oil
1 small onion (or half a large onion, chopped)
9 eggs
1/2 cup whole milk
3/4 tsp. salt
1/4 tsp. cayenne pepper
1/8 pepper (or to taste)
2 cups broccoli florets (cooked)
1.5 cups cooked ham (chopped, I used a ham steak)
6 oz. cheddar cheese (cut into chunks)

PREPARATION:

In a large cast iron skillet, heat the olive oil over medium heat. Add the chopped onions and cook until translucent, 5-8 minutes. In a mixing bowl, whisk together eggs, milk, salt, cayenne pepper, and black pepper.

Preheat your broiler. Move the rack to about 5 inches from the flame.

When the onions are cooked, spread the broccoli in the pan. Top with the chopped ham. Sprinkle the chunks of cheese over the top. Pour the egg mixture over the top. Don't stir. Cook for 7-9 minutes, or until the edges are starting to set. Transfer the pan to the broiler. Broil for 2-5 minutes. Don't walk away! Check it every 1 minute. The frittata is done when the top is brown and the eggs are set (not wiggly).

Adapted from iheartnaptime.net, recipe by Jamielyn Nye