

Western Omelet Frittata

6 cups shredded colby-Monterey
Jack cheese blend

2 tablespoons butter

1/3 cup sliced green onions

1/2 medium red bell pepper, chopped

One cup sliced mushrooms

8 oz. cooked ham, thin bite-sized pieces

8 eggs

1/2 cup all-purpose flour

2 tablespoons chopped fresh parsley

1 3/4 cups milk

Chopped red bell pepper, if desired

Chopped fresh parsley, if desired

Directions:

- Spray 13x9-inch baking dish with nonstick cooking spray. Sprinkle half of cheese evenly into sprayed baking dish.
- In medium skillet, over medium heat with no fat, add mushrooms and cook until mushroom water has evaporated. Add butter, onions, 1/2 medium bell pepper and cook until onions and bell pepper are tender. Arrange vegetables over cheese in baking dish. Top with ham pieces. Sprinkle remaining cheese over ham.
- Beat eggs in large bowl. Lightly spoon flour into measuring cup; level off. Add flour, parsley and milk to eggs; blend well. Pour over mixture in baking dish. Cover; refrigerate 8 hours or overnight. (Note: this can be covered and refrigerated for 8 hours or overnight.)
- To serve, heat oven to 350°F. and bake for 55 to 65 minutes or until mixture is set and top is lightly browned. Let stand 10 minutes before serving. To serve, cut into squares. Garnish with red bell pepper and fresh parsley, if desired.

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