

# Goat Cheese & Veggie Frittata



## Ingredients

8 eggs

1/8 cup half and half

1/8 cup milk

2 garlic cloves

1/4 cup crumbled goat  
cheese

1 cup spinach

1/2 cup mushrooms

1/2 cup chopped  
zucchini

1/2 cup grape tomatoes

salt to taste

pepper to taste

olive oil

## Directions

1. Preheat oven to 400°
2. Whisk the eggs, half and half, milk, garlic, salt and pepper.
3. Heat olive oil in an oven-safe skillet and add the mushrooms and zucchini, stirring until soft. Add spinach and tomatoes, and stir for one minute.
4. Add the egg mixture and shake the pan to distribute. Sprinkle with goat cheese.
5. Bake for 15 to 20 minutes until the eggs are set.
6. Season to taste and serve.