

## Farmers Market Fun Family Recipes

# RAINBOW FRITTATA

**Serving Size:** 1/12 of recipe

**Yield:** 12 servings

### Ingredients

3 Tablespoons vegetable oil	¼ cup half-and-half cream
1 small tomato, chopped	2 (8-ounce) packages fat-free cream cheese, cubed
1½ cups chopped fresh mushrooms	2 cups shredded reduced-fat (2%) cheese
¾ cup chopped onion	4 slices torn whole-wheat bread
⅔ cup chopped green bell pepper	1 teaspoon salt
1 clove garlic, minced	⅛ teaspoon black pepper
6 eggs, beaten	

### Instructions

1. Preheat oven to 350 degrees F. Lightly grease a 9" x 13" baking dish.
2. In a large skillet or frying pan, heat oil over medium high heat. Add zucchini, mushrooms, onion, green pepper, and garlic; saute until tender.
3. Remove from heat and let cool slightly.

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## Nutrition information:

Calories: 220  
Carbohydrate: 13 gm  
Fiber: 2 gm  
Fat: 12 gm  
Protein: 16 gm  
Cholesterol: 115 mg  
Sodium: 720 mg

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*For more information,  
contact your county  
WVU Extension office  
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4. In a large bowl, beat together the eggs and cream.
5. Stir in cream cheese, cheddar cheese, bread cubes, and vegetables.
6. Season with salt and pepper. Mix well and pour into prepared baking dish.
7. Bake in preheated oven for 1 hour, or until fork can be inserted and removed cleanly. Can be served hot or cold.

## Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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