

# Recipe



## *Veggie-packed breakfast frittata*

### Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 small green bell pepper, diced
- 1 small red bell pepper, diced
- 1/2 small red onion, thinly sliced
- 2 cups packed baby spinach
- 1/4 cup sun-dried tomatoes (not packed in oil), chopped
- 1 clove garlic, sliced
- 10 large eggs, beaten
- Kosher salt and freshly ground black pepper
- Hot sauce, for serving

### Directions

1. Preheat the oven to 375 F.
2. Heat the oil in a medium oven-safe nonstick skillet over medium-high heat. Add the bell peppers and onion and cook, stirring occasionally, until softened, six to seven minutes. Add the spinach, sun-dried tomatoes and garlic and cook, stirring frequently, until the spinach is just wilted and still vibrant green, about one minute.
3. Reduce the heat to low and add the eggs, one teaspoon salt and a few grinds of black pepper. Stir gently to distribute the vegetables. Bake until the eggs are set, 13 to 15 minutes.
4. Let stand for five minutes, then slice into six pieces. Serve with hot sauce. Refrigerate in an airtight container for up to one week.

*Lockton Nurse Advocate*

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