

# CAST IRON SKILLET BREAKFAST FRITTATA



**DIFFICULTY**

**EASY**



**TIME**

**75 MIN**



**SERVES**

**4-6**

## INGREDIENTS

8 large eggs  
½ cup milk (if using non-dairy milk, make sure that it is unsweetened)  
½ tsp sea salt  
½ tsp ground black pepper  
4-8 drops hot sauce, optional  
1 Tbsp olive oil  
1.5 small diced leftover skewered vegetables OR 1 Cup thinly sliced red onion, 1 pint of cherry tomatoes and 1 cup of spinach leaves  
½ cup shredded Monterey jack cheese  
2 tbsp prepared pesto

## DIRECTIONS

1. Prepare a campfire or charcoal for cooking.
2. In a medium bowl, beat together the eggs, milk, salt, pepper and hot sauce until thoroughly blended. Set aside.
3. Heat 1 tablespoon oil in a 10" cast iron skillet over medium heat. If not using leftover vegetables, add the onion and saute until soft and beginning to brown, 7-10 minutes.
4. Reduce the heat to medium-low by raising your campfire grate or moving the skillet to the cooler side of the grill. Add the tomatoes and spinach to the skillet and cook for 2 minutes or until spinach is wilted. Add the egg mixture and cheese. Cover with a lid or foil. If you are confident, you can scatter a few embers across the lid
5. Cook until the frittata has puffed up and the eggs are just set, about 15 minutes (check at 10 minutes to gauge progress, using heat proof gloves or a lid lifter to remove the lid).
6. Drizzle with pesto and enjoy!

## NUTRITION FACTS PER SERVING

Calories: 304   Fat: 22g (Saturated Fat: -)   Carbohydrates: 6g   Fiber: 1g   Sugar: 4g   Protein: 19g



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