

Mushroom, Goat Cheese and Onion Frittata

Ingredients:

4 strips of uncooked bacon
½ tbsp unsalted butter
1 clove garlic, minced
½ cup diced yellow onion
2 cups variety mushrooms
7 medium eggs
¼ cup 2% Milk
1 oz herbed goat cheese
Salt and Pepper to taste
1/8 cup shredded fat free Cheddar Cheese

Directions:

Preheat the oven to 375F.

In a 10 inch oven safe skillet, cook the bacon till crispy over medium heat. Remove and crumble bacon and set aside.

Drain excess fat renderings from pan (just enough to keep it slick) and add the ½ tablespoon of butter, still on medium heat. Once butter is melted, add garlic, onion and mushrooms to pan. Sautee until onions and mushrooms look done (3-4 minutes).

While those are sautéing, combine the eggs, milk, goat cheese, salt and pepper in a medium bowl. Whisk until combined. Pour egg mixture over sautéed vegetables and reduce heat to low/medium.

Allow egg to cook on the stovetop for 5-6 minutes until the outer edges and bottom is cooked. Place entire skillet in the oven for 8-9 minutes until middle is set, adding the shredded cheese about half way through.

Slice and serve immediately.



Recipe courtesy of

<http://caleighskitchen.com>