

Mary's Hakuna Frittata

1/4 to 1/2 sweet onion or a shallot, chopped or thinly sliced
1/4 to 1/2 chopped red and green bell peppers
8 to 10 mushrooms, sliced
3 slices (or more) slices turkey bacon, chopped
One baking sized potato, shredded or chopped (you can use frozen hashbrowns too)
Spinach (package of frozen, thawed) or fresh bunch sauteed in olive oil
Six eggs, beaten
1/2 cup milk
Parsley
Three slices swiss cheese, chopped or shredded.(i use Sargento's slices because they have less sodium than others, but you can use any kind you like)
1/4 to 1/2 cup shredded or shaved Parmesan cheese
One clove of minced, fresh garlic, but i used garlic powder
Olive oil

***The above is what i put in the one in the photo, but you can add any other meat or veggies you have on hand.

In a frittata pan or any flat frying pan, saute the onion, peppers, bacon, and mushrooms in olive oil; when soft and mostly cooked, add the shredded potato and sautéed spinach. Spread the mixture evenly around the pan. Sprinkle the cheeses over the mixture.

Beat the six eggs; add the milk and pour over the veggie/meat/cheese mixture. Bake for twenty (20) minutes (or until the eggs have set) in a preheated 450 degree oven. Take out of oven and let it sit for a few minutes. Slice and serve with a green salad.