

Anything Goes Frittata / Egg Cake

Ingredients:

8 eggs (whole or combination of whole eggs and egg whites)

1/4 cup milk

Assorted veggies and meats

Assorted cheeses

Salt/pepper to taste

Seasoning of your choice (pinch) ie garlic powder, parsley, etc.

Saute vegetables and meats until cooked through in a frying pan. Add cheese. Whisk together eggs and milk and pour into frying pan. Cook until bottom starts to set. Finish cooking through in a 375* oven for about 5-10 minutes.

Remove from oven and let the frittata rest in the pan for 5 minutes. Flip onto serving plate and cut into wedges for serving.