



My mushroom and tomato frittata is so healthy and so delicious. It is a power breakfast that will start your day on the right foot!

Ingredients

1 tablespoon vegetable oil
1/2 green bell pepper
1/2 ripe tomato, finely diced
1/2 green onion, finely diced

6 mushrooms chopped
3 eggs
2 tablespoons whole milk
1 pinch salt and ground black pepper to taste



Method

Heat some vegetable oil in a frying pan over medium heat. Whisk the eggs with the milk until they are just mixed. Pour the eggs into a frying pan then immediately add the sliced onions and tomatoes. Let this stay on medium-low heat.

When the eggs begin to set, add the mushrooms and your coriander. Let this stay on the heat for about 1 minute. To complete the cooking process, put your pan in the oven at 300 degrees for 5 minutes, or 15 minutes if you use coal embers.

When the frittata is ready, it will be firm and it will peel off the sides of the pan. Take it from the pan and slice it up.



SERVE WITH: tea, coffee, baked beans, bread or some fruit.

This recipe was brought to you by Kaluhis Kitchen from: <http://www.kaluhiskitchen.com/mushroom-tomato-frittata/>