



GRILLED PEPPER & TOMATO FRITATTA

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Prep time: 15 Minutes

Cook time: 10 Minutes

Servings: 2 People

INGREDIENTS:

12 TOMZ Red Cherry Tomatoes or TOMZ

Mixed Grape Tomatoes

1 Orange Bell Pepper

1 Red Bell Pepper

4 eggs

1/4 cup arugula

2 tbsp. crumbed low sodium feta cheese

2 tbsp. half & half cream

1 tbsp. olive oil

Salt & pepper to season

CHEF'S TIP:

Add turkey bacon to give your frittata a boost of protein!

DIRECTIONS:

Wash TOMZ Red Cherry Tomatoes & Peppers. Preheat oven to 375 Fahrenheit.

Halve the TOMZ Cherry Tomatoes toss in a mixing bowl with olive oil and salt & pepper.

Line baking sheet with parchment paper and roast the TOMZ Cherry Tomatoes for 8-10 minutes in the oven. Let cool. Quarter Peppers and grill for 2 minutes skin side down on BBQ or gas stove. Let cool to touch and dice.

Heat cast iron skillet on stove or in oven for 5 minutes with 1 tbsp. olive oil evenly poured into two skillets.

Separate the egg mixture into the two skillets, careful to not overfill. Top egg mixture with roasted TOMZ cherry tomatoes, grilled Peppers, arugula and crumbled feta.

Bake in over for 10 minutes.

Allow frittata to cool and enjoy.