

## Sweet Pepper Frittata

### Ingredients

6 farm eggs

2/3 cup skim milk

2/3 cup mixed sweet peppers, diced

2/3 cup shredded mozzarella cheese

1/2 teaspoon salt

1/2 teaspoon pepper

1 tablespoon butter, melted

### Preparation

Preheat oven broiler to medium-high heat. In a medium bowl mix eggs, milk, salt, pepper, butter until well blended; stir in diced peppers. Cook in a 12-inch ovenproof, non-stick skillet over medium heat until edges are set and eggs begin to cook through, approximately 5 minutes. Sprinkle shredded mozzarella cheese over eggs and remove from stove; heat under broiler until cheese is melted and eggs are set (1-2 minutes). Cool for 10 minutes before serving.