



Ingredients:

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| 1 ½ pounds seasonal vegetables, like green and red bell peppers | ¼ teaspoon black pepper |
| 2 medium onions | 1 tablespoon butter |
| 4 ounces low-fat cheddar cheese | 8 ounces mushrooms |
| 12 large eggs | <i>Optional:</i> |
| ¼ teaspoon salt | 1 teaspoon dried dill |
| | ¼ cup fresh parsley |

Directions:

Preheat oven to **350 degrees**. Rinse and cut seasonal vegetables evenly into small pieces. Peel, rinse, and dice onions. Slice mushrooms and, if using them, rinse and chop fresh herbs. Grate cheddar cheese.

Bring a large pot of water to a boil. Add seasonal vegetables to boiling water. Briefly boil for about 30 seconds. Drain vegetables. In a large bowl, whip eggs with a fork until well blended. Whisk in dried dill and set aside.

Coat a medium skillet with butter and heat over medium-high heat. Add the onions and cook for about 5 minutes until soft, then add the mushrooms and boiled seasonal vegetables. Continue cooking for about 5 minutes more, until the mixture is soft and some of the juices have evaporated.

Coat a 9x13 inch baking dish with butter. Layer ingredients in the baking dish in the following order: vegetable mixture, egg mixture, cheese, salt and pepper. Bake until eggs are firm and cheese is melted, about 35 minutes. A thermometer inserted in the middle should read 160 degrees. Garnish with chopped fresh parsley. Cut into desired portion sizes.

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