**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 chopped parsley. Cut into desired portion sizes.

**Ingredients:**

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