

*A recipe from Light and Tasty, this is a great way to use some of the garden produce from summer! Filling and tasty!*

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# Garden Pepper Frittata

- 1 large onion, chopped
- 3 garlic cloves, minced
- 2 t. olive oil
- 2 c. chopped sweet red peppers
- 1 c. chopped sweet yellow pepper
- 1 c. chopped sweet orange pepper
- 4 eggs
- 8 egg whites
- 1/4 c. minced fresh basil
- 1 t. salt
- 1/2 t. pepper
- 1 c. (4 oz) shredded cheddar cheese
- 2 T. shredded Parmesan cheese

In a 10-in. ovenproof skillet coated with oil, cook onion and garlic in oil over medium heat for 2 minutes. Stir in peppers; cook for 3-4 minutes or until crisp-tender.

In a small bowl, combine the eggs, egg whites, basil, salt and pepper. Stir in the cheddar cheese; pour over pepper mixture. Sprinkle with Parmesan cheese.

Bake, uncovered, at 350 degrees for 20-25 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before cutting