Mushroom and Ricotta Frittata

Ingredients

- 3 to 4 slices multigrain bread (round loaf)
- 1 tbsp (15 ml) vegetable oil
- 1 medium onion, finely chopped
- 1 package (227 g) Crimini or white mushrooms, thinly sliced
- Salt and pepper, to taste
- 2 cups (50 g) baby spinach, coarsely chopped
- 6 eggs
- ½ cup (125 ml – 125 g) ricotta cheese
- 1½ cups (375 ml – 100 g) cheddar cheese, grated

YOU WILL NEED:

- 1 square baking dish
- parchment paper
- set of measuring spoons
- set of measuring cups
- 1 large skillet
- 1 wooden spoon
- 1 medium bowl
- 1 whisk
- 1 cheese grater
- cutting boards
- knives
Preparation

1. Preheat the oven to 400°F.
2. Line the pan with parchment paper.
3. Spread bread slices in pan to cover bottom.
4. Heat a large skillet over medium-high heat and add oil.
5. Brown onions and mushrooms for about 5 minutes. Season with salt and pepper.
6. Add spinach and allow to wilt slightly.
7. Pour mixture over bread slices.
8. In a bowl, whisk eggs and add ricotta cheese and pour over vegetable and bread mixture.
9. Sprinkle with grated cheddar cheese.
10. Bake for about 20 minutes and broil for about 5 minutes.

*During cooking, use time to experiment with different styles of egg cooking!

**CHEF’S TIP:** You can replace the ricotta with cream or milk. Don’t hesitate to vary vegetables and cheese.

**DIETITIAN’S TIP:** You can accompany this dish with a green salad or with fruit.