

Quick & Easy

THE COSTCO WAY

Pea King Vegetable Frittata

Makes 6 servings

Ingredients:

2 cups Brussels sprouts, quartered
1 summer squash, large diced
2 cups broccoli, cut into small florets
1 cup snap peas, halved
2 tsp kosher salt, divided
1 tsp fresh ground pepper, divided
3 Tbsp olive oil
8 large eggs
½ cup whole milk
1 cup Swiss cheese, shredded
½ cup plus 2 Tbsp Parmesan cheese, grated
⅓ cup parsley, finely chopped
½ cup chives, finely chopped
2 Tbsp butter

Instructions:

Preheat oven to 425 F. Line a baking sheet with aluminum foil. In a large bowl, toss Brussels sprouts, squash, broccoli, snap peas, 1 teaspoon salt and ½ teaspoon pepper. Add olive oil. Toss until vegetables are well-coated. Spread the vegetables on the baking sheet. Roast for 15 minutes, or until vegetables are soft and slightly charred. Remove vegetables from the oven. Turn the oven down to 400 F.

In a large mixing bowl, whisk eggs, milk, Swiss cheese, ½ cup Parmesan cheese, parsley, chives, and remaining 1 teaspoon salt and ½ teaspoon pepper. Fold in the roasted vegetables. Using a 10-inch oven-safe skillet, melt butter over medium. Pour the egg mixture into the skillet. Sprinkle on remaining 2 tablespoons Parmesan cheese. Cook for 3 to 5 minutes, until lightly set. Transfer the skillet to the oven. Bake for an additional 8 to 10 minutes, or until the center of the frittata is firm and not runny. Remove from the oven. Allow to set for 5 minutes before serving.

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