



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.