

# Grits and Egg Frittata

## Ingredients

- 1 cup Quaker® Grits, Old Fashioned or Quick
- 3 cups fat-free, no sodium or low sodium vegetable broth or water
- 1/4 tsp salt, optional
- 2 eggs, beaten
- 1/2 cup chopped bell pepper (one color or a combination)
- 1/3 cup finely chopped onion
- 1/4 cup chopped herbs (such as parsley, basil, chives and/or thyme)
- 1/4 cup shredded Parmesan cheese

## How to make it

1. Preheat oven to 350°F.
2. Bring broth or water to briskly rolling boil in medium saucepan. Slowly stir in grits and salt, if desired.
3. Reduce heat to low; cover. Cook 15 to 20 minutes for Old Fashioned or 5 to 7 minutes for Quick or until thickened, stirring occasionally. Remove from heat.
4. Stir in eggs, bell pepper, onion and herbs. Spread into ovenproof 9-inch skillet sprayed with nonstick cooking spray. Sprinkle evenly with Parmesan cheese.
5. Bake 25 to 30 minutes or until frittata is set and beginning to brown.
6. Allow to cool 5 to 10 minutes before serving. Cut into 6 wedges to serve.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	40 min	50 min	6

## Made with



**Quaker® Quick Grits - Original**