



# Thanksgiving Day Leftover Frittata

## Step 1 - Pick your desired leftovers

- Green Beans
- Turkey
- Dressing

## Step 2 - Add additional ingredients

- Fat-free cheese (Will add in Step 6)
- Salsa or Rotel (drained)
- Onion
- Bell pepper
- Spinach
- Mushrooms

\*All vegetables can be frozen, canned, or fresh (make sure to drain canned vegetables well)

## Step 3 - In a nonstick skillet warm up desired ingredients (about 3-5 minutes)

## Step 4 - Pour eggs evenly over ingredients

- One carton (16 oz) egg beaters or
- 8 whole eggs or
- 4 whole eggs and 8 egg whites

\*Substituting eggs beaters or egg whites reduces the calories in the recipe

## Step 5 - Reduce heat to medium, cover skillet, and let cook for 10 minutes.

## Step 6 - Sprinkle with cheese if desired

## Step 7 - Put in Broiler for 2 minutes for the top to set. Cut into 6 wedges.