

RECIPE | PEPPERS



# SAUSAGE AND MINI PEPPER FRITTATA



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Recipe created by *Lynn Polito*



**20 min**

**5 min**  
PREP.

**15 min**  
COOKING



**12**



**easy**

## INGREDIENTS

- 1 lb** Pure Flavor® Aurora Bites Mini Sweet Peppers
- 8** eggs
- 1 lb** sausage, casing removed
- 1 cup** cheddar cheese, shredded
- ½ cup** whole milk
- 1 tsp** Italian seasoning

## DIRECTIONS

- 1** Preheat the oven to 425°F.
- 2** Place the sausage in a cast iron skillet, break up into crumble-like texture, and cook for 5-7 minutes until fully cooked.
- 3** While the sausage cooks, crack the eggs into a large bowl. Add the milk and whisk for 1 minute or until the eggs and milk are fully combined.
- 4** Slice the peppers and scatter over the sausage. Then pour the egg mixture over the sausage and peppers and top with cheese.
- 5** Carefully place the skillet in the oven and bake for 12-15 minutes, until the middle is slightly firm and no longer jiggles.
- 6** Remove the skillet from the oven and serve while warm.