



RECIPE | PEPPERS

SAUSAGE AND MINI PEPPER FRITTATA

 20 min
 12
 easy

5 min
PREP.
15 min
COOKING

INGREDIENTS

Recipe created by *Lynn Polito*

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.
- 1** Slice the peppers and scatter over the sausage. Then pour the egg mixture over the sausage and peppers and top with cheese.
- 2** Carefully place the skillet in the oven and bake for 12-15 minutes, until the middle is slightly firm and no longer jiggles.
- 3** Remove the skillet from the oven and serve while warm.

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