



**LOVE  
FOOD**  
hate waste  
CANADA

**LEFTOVER VEGGIES?  
USE 'EM UP.**

# FRIDGE HARVEST FRITTATA

**A quick and easy recipe to help you  
use up those bits of vegetables.**

**[lovefoodhatewaste.ca](http://lovefoodhatewaste.ca)**

**zeroWASTE**  
NATIONAL ZERO WASTE COUNCIL  
An Initiative of Metro Vancouver

## FRIDGE HARVEST FRITTATA

**Serves 5**

**Prep 5 minutes**

**Cook 20 minutes**

### Suggested Ingredients

2½ cups chopped, leftover ingredients  
(peppers, mushrooms, broccoli, potatoes, etc)  
¼ cup diced onion  
8 large eggs  
½ cup milk  
¼ tsp salt  
¼ tsp pepper  
¼ tsp rosemary or thyme  
3 tbsp oil  
2 tbsp cheese of your choice

- 1** Check your fridge for leftover vegetables, meat and cheese that you can use up.
- 2** Preheat oven to 375° F. Chop all ingredients to similar sizes.
- 3** In a small bowl, beat eggs and whisk in milk. Season with herbs, salt and pepper.
- 4** Heat oil in a deep, oven-proof sauté pan; cook onion and other (raw) ingredients until slightly soft. Then add other ingredients (cheese etc).
- 5** Pour in the egg mixture, stir, and cook on medium heat until the edges peel away. Bake in oven for 15 minutes until set.

**Find more tips at: [lovefoodhatewaste.ca](http://lovefoodhatewaste.ca)**

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