Sausage & cheese frittata

Ingredients

- 12 oz reduced fat ground pork sausage
- 8 large eggs
- 1/2 cup milk
- 1/2 tsp pepper
- 1/4 tsp salt
- 1 cup shredded 2% reduced fat cheddar cheese (4 oz.)
- 1 tbsp butter

Summary

Yield: 6
Prep Time: 45 minutes
Category: Main Dish

Instructions

Preheat oven to 350
Brown sausage in 10 inch ovenproof nonstick skillet over medium heat 10 minutes or until meat crumbles and is no longer pink; drain & transfer to bowl
Wipe sillet clean

Whisk together eggs and next 3 ingrefients (milk, salt, pepper) until well blended

Melt butter in skillet over medium heat, remove from heat pour half egg mixture into skillet, sprinkle with cook sausage and shredded cheese; top with remainder egg mixture

Bake at 350 for 23-25 minutes or until set.

Notes

can use ground beef in place of sausage, skim milk is fine