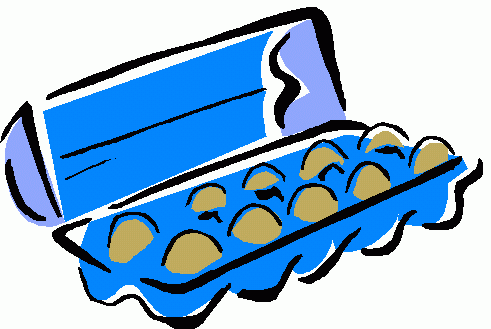
**Italian Vegetable Frittata**

**Serves 2-3**

[](http://www.google.ca/url?sa=i&rct=j&q=eggs+clipart&source=images&cd=&cad=rja&docid=cPK6pheMh3NbqM&tbnid=ol4PMKpRCCoOFM:&ved=0CAUQjRw&url=http://bestclipartblog.com/14-eggs-clip-art.html/eggs-clip-art-4&ei=drs8UbqAM4LQrQGPk4CAAg&bvm=bv.43287494,d.aWM&psig=AFQjCNHf6GzdOTjRjR9REP0Rf5TEVcgYzg&ust=1363021013449369)**Ingredients:**

¼ carrot, chopped

¼ celery stalk, chopped

15 mL margarine

2-3 eggs (1/person)

1 mL salt

Dash of pepper

2½ mL parsley, minced (1-2 stems)

1 green onion, finely chopped

80 mL grated cheese

**Directions:**

1. Preheat oven to 350°F (180°C).
2. Place carrots and celery in a frying pan (preferably non-stick) and sauté in margarine over medium-low heat (#3-4 on school stove) until tender.
3. If your frying pan at home does not have an oven-proof handle, then grease a 9” square or round cake pan with margarine and transfer carrots and celery to bottom of pan.
4. In a small bowl, beat eggs with salt and pepper until frothy.
5. Pour egg mixture over top of vegetable mixture.
6. Sprinkle with chopped parsley, green onions and grated cheese.
7. Place pan in oven and bake for 12-15 minutes or until golden brown on top.
8. Take out of oven and cool 2-3 minutes. The center should be set (not wet).
9. Using your oven mitt (the handle may still be very hot), slide frittata on to a plate or platter, cut into wedges and serve hot.