TURNIP FRITTATA

Serves: 4  |  Prep time: 30 minutes

INGREDIENTS
- 2 cups turnips, peeled and shredded
- 2 medium onions, chopped
- ½ cup of low-fat cheddar cheese, shredded
- 6 eggs
- 1 tablespoon of oil
- Salt and pepper
- Optional: 1 tsp. dried thyme, dill or oregano
- ½ cup of another vegetable (broccoli, bell peppers, carrots, mushrooms)

DIRECTIONS
1. Preheat the oven to 350°F.
2. In a pan, heat the oil on medium, then spread the turnips and onions (and other vegetable if you have it) across the bottom of the pan. Let them cook until the moisture is gone and they start to brown on the bottom.
3. In a bowl, whisk the eggs together, add herbs if you have them.
4. Put the cooked veggies in a layer along the bottom of a baking dish.
5. Pour the eggs over the veggie layer; sprinkle the cheese on top, then a pinch of salt and pepper.
6. Bake until the eggs are firm and the cheese is melted, about 10-20 minutes.

Adapted from Share our Strengths Cooking Matters