# All-in-one Potato Frittata

## Overview
This protein-packed frittata makes a great meal at any time of day! Add more hot sauce for an extra kick.


## Ingredients
Makes 6 servings
- 2 potatoes, cubed
- 2 tbsp canola oil, divided
- 8 eggs
- 1/2 tsp EACH salt and ground pepper
- 1/2 cup milk
- 1 tsp hot sauce
- 1 onion, chopped
- 1/2 tsp basil, dried
- 1/2 red pepper, diced
- 1/2 green pepper, diced
- 1/4 cup mushrooms, sliced
- 1/2 zucchini, diced
- 1/2 cup cheddar cheese

## Directions
- Preheat oven to 400°F
- Place 1 tbsp canola oil and cubed potatoes in 9 x 13” baking dish. Roast until potatoes are soft, approximately 20 minutes.
- Meanwhile, heat remaining 1 tbsp oil in non stick skillet. Add onion, peppers, zucchini, and mushrooms. Sauté 3 minutes.
- Beat together eggs, milk, basil, cheese, hot sauce, salt and pepper until eggs are just blended.
- Add vegetables to egg mixture and pour over roasted potatoes.
- Reduce heat to 350°F
- Return to oven and bake until eggs are cooked, approximately 20 minutes.
- Allow to cool for 10 minutes before serving.