

Goat Cheese & Red Pepper Turkey Frittata

NUMBER OF SERVINGS: 6-8

Ingredients

- Olive oil 1 Tbsp (15 mL)
- Italian seasoning 2 tsp (10 mL)
- Fresh mushrooms, sliced 1 cup (250 mL)
- Red onions, sliced 1 cup 250 (mL)
- Parsley, chopped ¼ cup 60 (mL)
- Eggs, beaten 12
- Water ¼ cup (60 mL)
- Salt and pepper to taste
- Mozzarella cheese, shredded ½ cup (125 mL)
- Goat cheese, crumbled 1 cup (250 mL)
- Roasted red peppers*, sliced 1 cup (250 mL)
- Cooked Ontario turkey, diced 2 cups (500 mL)

Directions

1. Pre-heat oven to 375°F (190°C).
2. Lightly oil a 13" X 9" baking dish.
3. In a large skillet on medium, heat oil and sauté Italian seasoning for 1 minute to release the flavour.
4. Add mushrooms and onions and sauté until golden. Remove from heat and stir in parsley. Set aside.
5. In a large bowl, beat eggs, water, salt and pepper until foamy. Stir in mushroom and onion mixture, cheeses, red peppers, and turkey.
6. Pour mixture into prepared pan and bake in the centre of the oven for 30-40 minutes or until a knife inserted in the centre comes out clean.

*Use prepared roasted peppers from a jar for added convenience.

NUTRITION PER SERVING

Calories 409 | Protein 30g | Fat 29g | Carbohydrates 6g | Fibre 2g | Sodium 993mg



There are approximately 230 dairy goat farms in Ontario with small herds of 200 goats or less and large herds of up to 1,000 goats.



Canada's Food Guide recommends that individuals over 51 years old consume 3 servings of milk and alternatives per day that are low in fat. Goat cheese is a delicious alternative to cheese from cow's milk and it's a source of calcium.



This Turkey Frittata makes an excellent protein rich breakfast or serve for dinner with a salad of leafy greens.

Mains



Recipe
provided by:

