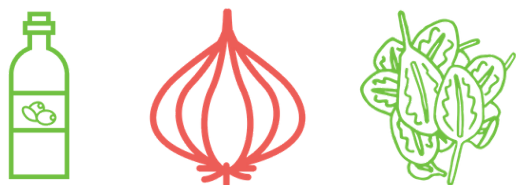


Formula for a Vegetable Frittata

for breakfast... or anytime!

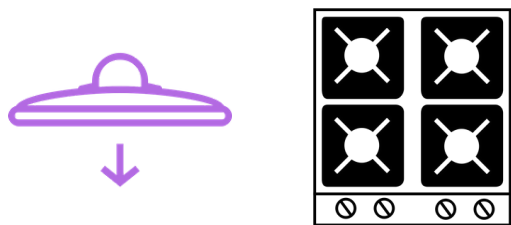
1. Saute onions in oil until softened, stirring. Throw in chopped veggie to soften.



2. Mix eggs together with milk, cheese, salt & pepper. Pour into skillet with onions, etc.



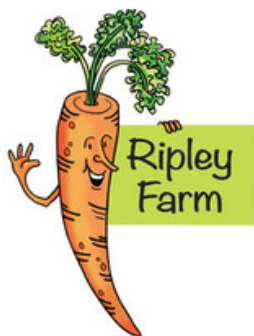
3. Add lid. Cook stovetop on medium-low until set around the edges.



4. Remove lid. Put under broiler until set through the middle. Serve hot or cold.



Tired of "blah" tasting carrots and wilted lettuce at the grocery store? We can help. Our carrots are addicting and our lettuce is crisp!



Join our CSA for organic vegetables harvested fresh just for you direct from our family farm. Our **free recipes and training resources like this one** will inspire you to put more and better vegetables onto your family's table--and feel good about it!

www.ripleyorganicfarm.com

Email Mary Margaret at mm@ripleyorganicfarm.com. I'd love to hear from you!