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Cheddar and Apple Frittata



Ingredients

8 eggs
2 egg whites
1cup white cheddar cheese, grated
1tbsp butter
2 apples, sliced into 1/8 inch lengthwise
Salt and pepper

Preparation

- 1 Preheat oven to 450 degrees and the rack set in top.
- 2 Combine eggs, half of cheese, egg whites in a small bowl and season with salt and pepper.
- 3 In a skillet, heat butter over medium. Add the egg mixture and cook up to 2 minutes.
- 4 Place apples on top in a round shape and sprinkle remaining cheese.
- 5 Move the skillet to oven and bake until frittata is set in the centre or when cheese turns brown. Approx. 20 minutes.
- 6 Cut into pieces and serve.

Cooks Note
