

Farmers Market Ricotta Frittata

Frittatas are one of our favorite dinners: fast, filling and delicious. We're cooking this one up with ricotta and Pecorino cheese, bell peppers, summer squash and green beans that's on the table in just 30 minutes.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Squash & Green Beans

Peppers

Eggs

Cheese & Herbs

Buttermilk Ranch Dressing

Good to Know

Health snapshot per serving – 260 Calories, 13g Protein, 20g Carbs, 15g Fat, 6 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Eggs, Bell Peppers, Summer Squash, Zucchini, Green Beans, Buttermilk, Mayonnaise, Sour Cream, Ricotta, Pecorino Romano, Vinegar, Lemon, Garlic, Chive, Onion, Parsley, Miso, Black Pepper, Tarragon, Oregano

meez *meals*

1. Getting Organized

Preheat oven to 400 degrees.

2. Cook the Vegetables

Heat 2 Tbsp olive oil in a large oven-safe skillet over high heat. When the oil is hot add the **Squash & Green Beans** and **Peppers** and lightly salt and pepper. Cook until the vegetables start to soften and brown, about 3 minutes, turn off the heat.

Stir in the Cheese & Herbs and mix until the vegetables are well coated.

3. Bake the Frittata

Pour the **Eggs** over top of the and place the skillet in the middle rack of the oven and cook until the frittata is golden and puffy and the center springs back when gently pressed, about 15 to 20 minutes. Remove from the oven and let rest for at least 10 minutes.

4. Put It All Together

Once the frittata has rested, cut into slices and place on serving plates. Drizzle the **Buttermilk Ranch Dressing** over top and enjoy!

Instructions for two servings.

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