



Squash Frittata

★★★★★

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Submitted By: Vitamix

Dietary Interests: [Vegetarian](#), [No Added Sugar](#), [Gluten-Free](#), [High Protein](#)

Yield:

8 servings

Total Time:

1 Hour

Difficulty:

Advanced



Ingredients

- 8 large eggs
- 2/3 cup (160 ml) whole milk
- 4 Tablespoons (60 ml) olive oil
- 6 ounces (175 g) white onion, quartered
- 5 ounces (150 g) green bell pepper, small cut
- 8-10 sprigs parsley
- 3.5 ounces (100 g) Manchego cheese, diced
- Pinch of paprika
- 1 season squash (about 1 pound), peeled, seeded, diced, roasted
- Salt and ground black pepper

Directions

1. Place eggs, milk, oil, onion, pepper, parsley, cheese and paprika into the Vitamix container in the order listed and secure lid.
2. Select Variable 8.
3. Turn machine on and off to pulse 8 to 10 times to chop the vegetables and cheese.
4. Place the squash into a square baking pan. Pour the egg mixture over top. Mix gently to incorporate. Season with salt and pepper.
5. Bake at 350°F (180°C) for 1 hour to 1 hour and 15 minutes.

This recipe has been written for the C-Series machines with Variable Speed control and Standard 64-ounce container. If you are using a different Vitamix machine or container size, you may need to make adjustments to the Variable Speed, processing time, and/or ingredient quantities.

Nutrition Information

Serving Size	1 serving
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Amount Per Servings	
Calories	240
Total Fat	18 g

Saturated Fat	6 g
Cholesterol	195 mg
Sodium	190 mg
Total Carbohydrate	10 g
Dietary Fiber	2 g
Sugars	4 g
Protein	11 g
