



Yellow Bean Frittata

Yield: 2 cups mix (4 portions)

Fills a 6 inch cake pan or 2/3rds full 9 inch pie tin

3 tablespoons. (1 oz.).

1 cup

2 tablespoons.

1/4 cup

2 tablespoon.

1/4 cup

Basic Egg Style Mix

Cold Water

Chiffonade of Basil

Red Bell Pepper, diced & sautéed

Daiya Mozzarella Cheese

Cooked Yellow Beans or bean of choice*

1. Preheat oven to 350 degrees F.
2. Mix egg mixture with cold water and let set 5 minutes
3. Sauté pepper in lightly oiled pan.
4. Add peppers, basil, cheese, and beans to egg mixture and mix until evenly dispersed.
5. Pour into lightly oiled pie or cake tin and bake for 20-30 minutes or until firm to touch. Can serve immediately or refrigerate until ready to use.

Can substitute cooked pasta of choice