



Grits and Egg Frittata

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6

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Our 1-hour recipe for Grits and Egg Frittata is just what you need when you're planning on entertaining for breakfast or brunch or when you want to enjoy eggs in a new way. Complement the flavors of the grits and eggs with fresh veggies and herbs for a breakfast option full of wonderful flavors.

Ingredients

- 1 cup(s) [Quaker® Grits, Old Fashioned or Quick](#)
- 3 cup(s) fat-free, no sodium or low sodium vegetable broth or water
- 1/4 teaspoon(s) salt, optional
- 2 eggs, beaten
- 1/2 cup(s) chopped bell pepper (one color or a combination)
- 1/3 cup(s) finely chopped onion
- 1/4 cup(s) chopped herbs (such as parsley, basil, chives and/or thyme)
- 1/4 cup(s) shredded Parmesan cheese

Cooking Instructions

1. Preheat oven to 350° F.
2. Bring broth or water to briskly rolling boil in medium saucepan. Slowly stir in grits and salt, if desired.
3. Reduce heat to low; cover. Cook 15 to 20 minutes for Old Fashioned or 5 to 7 minutes for Quick or until thickened, stirring occasionally. Remove from heat.
4. Stir in eggs, bell pepper, onion and herbs. Spread into ovenproof 9-inch skillet sprayed with nonstick cooking spray. Sprinkle evenly with Parmesan cheese.
5. Bake 25 to 30 minutes or until frittata is set and beginning to brown.
6. Allow to cool 5 to 10 minutes before serving. Cut into 6 wedges to serve.