

Sausage Mushroom Frittata

Ingredients:

2 T. olive oil
1 small onion, finely chopped
2 garlic cloves, minced
1 lb. pork sausage
1 (4 oz.) can mushrooms
1 c. shredded cheddar cheese
8 large eggs, well beaten
2 T. milk
1 tsp. red pepper flakes (optional)
salt and pepper to taste

Directions:

Preheat oven to 350°F.

Using an oven-safe skillet, heat olive oil. Add onion and garlic and cook until tender. Add sausage and brown. Once the sausage is fully cooked, add mushrooms and cheese.

In a separate bowl, beat eggs and milk. Add red pepper flakes, salt, and pepper to the egg mixture. Pour the egg mixture over the sausage mixture.

Place in a hot oven and bake for 20 to 25 minutes.