



SAUSAGE CHEDDAR FRITTATA

Or any variation you like...for brunch, lunch, or light supper.

Yield: 4 servings

- ½ lb. FLETCHER'S Ground Pork Sausage
- 1 tsp. olive oil
- 1 cup diced zucchini
- 2 green onions, sliced
- ½ cup diced red pepper
- 2 cups sliced mushrooms (white, brown, and/or portabella)
- 6 eggs
- 1 tsp. sage or savory leaves
- pinch garlic powder AND ground black pepper
- ½ cup grated aged Cheddar cheese

1. Pre-cook ground sausage meat following package directions.
Transfer to a warm plate.
2. Clean pan. On medium heat, heat oil and stir and cook vegetables until they soften, about 5 minutes. Stir in sausage meat. Reduce heat to medium-low.
3. In a mixing bowl, whisk eggs with herbs, garlic and pepper.
Pour evenly over mixture.
4. Sprinkle with cheese. Cover and allow to slowly cook until mixture just sets. If desired, when using a white cheese, when partially set, broil 2-3 minutes until cheese lightly browns.
Be careful not to overcook, as mixture will "weep".

TIPS:

- For variation, choose FLETCHER'S Ground Pork or Ground Mild Italian Sausage meat. If using the Italian variety, use mozzarella and/or parmesan cheese, and oregano or basil.
- Check your refrigerator and use what you have. Vary the herbs according to the types of cheese and vegetables you may have.
- This is a versatile recipe — plan as the "final dinner" when boarding or camping.