



# Savory Oat & Egg Frittata



**SERVINGS**

6



**COOKING TIME**

30 min

Like every great frittata, this dish is perfect for cleaning out the fridge of leftovers. It is a great way to incorporate whole grains into breakfast and a new way to use some extra oatmeal from your meal prep or the day before.

## Ingredients

- 1 cup [Quaker® Oats-Old Fashioned](#)
- 1 ½ tbsp plant-based oil (canola, olive, avocado)
- 1/3 cup yellow onions, small dice
- 4 garlic cloves, minced
- 1/4 tsp kosher salt
- 1/4 tsp black pepper, freshly ground
- 4 large beaten eggs
- 1/2 cup bell peppers, small dice, any color or combination
- 3 tbsp finely chopped herbs (chives, thyme, or parsley)
- 1/4 cup Parmesan cheese, finely shredded

## Cooking Instructions

1. Pre-heat oven to 350°F.
2. Beat eggs in a bowl, add salt, black pepper, herbs, some of the cheese and bell peppers.
3. Bring your favorite frittata pan or non-stick pan (12-in), up to medium-high heat, add onions and garlic and sauté until aromatic. Optional: sauté the peppers as well or mix in with eggs.
4. Add 1 cup of cooked oats, and fold into onions and garlic. Stir to prevent oats from sticking.
5. Once oats are hot and start steaming (2 – 3 minutes), pour egg mixture all around pan and on top of oats, using spatula to evenly spread eggs around and within oats.
6. Place pan in oven and bake for 30 min, or until frittata is set and beginning to brown.

7. Carefully take out of oven, sprinkle with remaining cheese and allow to cool 5 – 10min before serving.
8. Cut into 6 slices and enjoy.