

# Kentucky Farm to School Junior Chef



## Southwestern Frittata Stuffed Peppers

*Cuisine Rebels- Owen County High School*

### Ingredients:

<b>4</b>	<b>Bell Peppers, halved and seeded</b>
<b>5</b>	<b>Bacon slices</b>
<b>1/2 lb</b>	<b>Hot Sausage</b>
<b>1/2 Cup</b>	<b>Scallions, chopped</b>
<b>1/2 Cup</b>	<b>Mushrooms, rinsed and sliced</b>
<b>6</b>	<b>Eggs</b>
<b>1/2 Cup</b>	<b>Milk</b>
<b>1/2 Cup</b>	<b>Spinach, chopped</b>
<b>1</b>	<b>Large Tomato, diced</b>
<b>1/4 Cup</b>	<b>Black Olives, drained, rinsed and sliced</b>
<b>1 Cup</b>	<b>Monterey Jack Cheese, shredded, divided</b>
<b>3/4 tsp</b>	<b>Salt</b>
<b>1/4 tsp</b>	<b>Black Pepper</b>
<b>1/2 tsp</b>	<b>Garlic Powder</b>
<b>1/8 tsp</b>	<b>Cayenne Pepper</b>

## **Directions:**

- 1- Preheat oven to 350 degrees.
- 2- Wash bell peppers, cut in halves and seed, set aside.
- 3- In a medium skillet, prepare the bacon until crisp. Remove from skillet and place on paper towel lined plate to cool. In the same skillet, brown sausage, scallions and mushrooms. Cook until no pink remains. Remove from skillet and place in colander to drain.
- 4- In a medium bowl, combine eggs, milk, spinach, tomato, olives, ½ cup cheese, salt, black pepper, garlic powder, Cayenne pepper. Add cooked, crumbled bacon and sausage and mix well.
- 5- Lay bell peppers in a lightly greased baking dish. Divide your egg mixture evenly between pepper halves and top with remaining cheese.
- 6- Bake for 40-50 minutes or until golden brown.
- 7- Garnish and serve.