

## Spaghetti Veggie Frittata (Easy Breakfast)

Prep: 20 mins. Cook: 35 mins. Serves: 6 to 8

### Ingredients

2 c. spaghetti, cooked and drained  
8 large eggs  
1/2 c. milk or heavy cream  
1 c. parmesan cheese  
1 T. olive oil  
1 small onion, finely chopped  
1/3 c. bell pepper, chopped  
1 clove garlic, finely chopped  
1/2 c cherry tomato, halved  
1/4 c. crumbled feta cheese  
Salt/pepper to taste  
2 T fresh basil or parsley, chopped for garnish

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### Instructions

1. Preheat oven to 350 degrees F.  
Cook the spaghetti according to the package instructions until it is al dente.  
Drain and set aside.
2. In a large bowl, whisk the eggs and heavy cream.
3. Add in the cheese, then stir to combine.
4. In a large ovenproof skillet, heat the olive oil over a medium heat.  
Add the onion, bell pepper, garlic and salt. Cook until the onion is translucent (about 5 mins)  
Add the cherry tomatoes and cook for about 2 minutes, stirring frequently.  
Then add the cooked spaghetti to the pan and mix well.
5. Turn off the heat and pour the egg mixture over the spaghetti mixture, ensuring that it is evenly distributed.
6. Place the skillet in the oven and bake for 15 to 20 minutes, until set.  
Slice into wedges and serve hot or at room temperature.