



Frittata

Serves: 4

Ingredients:

8 eggs
½ cup milk
1 cup spinach
½ bell pepper, julienned
Salt and pepper to taste

Directions:

1. Preheat NuWave Brio to 390 °F.
2. Add all ingredients in a bowl and mix until combined.
3. Pour egg mixture into Baking Pan.
4. Once preheated, place Baking Pan in NuWave Brio Basket and air fry for 10 minutes.

Tip: You can substitute your favorite ingredients, such as ham, bacon, cheese or other vegetables when making your own frittata.