THE J.M. SMUCKER Co

Baked Vegetable Omelet

Prep Time	Cook Time	Serves	Difficulty
25 mins	40 mins	6	N/A

Ingredients

- 2 cups (500 mL) chopped fresh broccoli florets
- 1 chopped onion
- 2 tbsp (30 mL) Vegetable or Canola Oil
- 1 cup (250 mL) shredded Monterey Jack cheese
- 1 cup (250 mL) sliced sweet red pepper
- 2 medium seeded and chopped tomatoes
- 2 cups (500 mL) shredded Cheddar cheese
- 1 1/3 cups (325 mL) milk
- 1/3 cup (75 mL) **Robin Hood®** Best For Blending Flour

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- 2 tbsp (30 mL) finely chopped fresh basil
- 4 eggs
- salt and pepper to taste

Directions

Step 1:

Preheat oven to 350°F (180°C). Grease an 8” (20 cm) square baking pan.

Step 2:

Sauté broccoli, red pepper, and onion in oil in large frying pan until tender.

Step 3:

Layer Monterey Jack cheese, red pepper broccoli mixture, tomatoes, and Cheddar cheese in prepared pan.

Step 4:

Combine remaining ingredients with whisk in large bowl, or in blender until smooth. Pour into pan.

Step 5:

Bake in centre of preheated oven for 35 to 40 minutes or until set. Let stand 10 minutes before cutting.

Images

