

Chile Frittata

Serves 4

1 7-oz cans diced green chiles	5 large eggs
3 flour tortillas ~ in 1" pieces	3/8 C milk (Non-fat OK)
2 C (8 oz) Monterey Jack Cheese	1/4 tsp ground cumin
	1/4 tsp onion salt
	1/4 tsp garlic salt
	1/4 tsp black pepper
	1/4 tsp salt

- Spray 9" glass pie dish with fat-free cooking spray
- Spread half can green chiles on the bottom of the dish
- Layer with half the tortilla pieces
- Layer with 1 C cheese
- Repeat chile / tortilla / cheese layer

- Whisk eggs and milk together in mixing bowl
- Add all spices & mix well
- Slowly pour egg mixture over chile / tortilla / cheese layers
- Cover with foil & refrigerate overnight

- Preheat oven to 350
- Remove foil & bake 45 minutes or until lightly browned & bubbly
- Cool slightly & cut into serving pieces
- Serve with mild salsa on the side