

Sausage and Cheese Frittata

Serves: 6-8

Ingredients:

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|--------------------------------|----------------------------------|
| 12 Oz Sausage (turkey or pork) | 3/4 tsp pepper |
| 12 eggs | 1/2 tsp salt |
| 1/2 c. milk | 1-2 cups shredded cheddar cheese |
| 1 tsp Worcestershire sauce | |

Preparation:

1. Preheat oven to 350^oF.
 2. Brown sausage in your Calphalon frittata pan over medium-high heat 10 minutes or until meat crumbles and is no longer pink. Drain and transfer to a bowl. Wipe pan clean.
 3. Spray pan with olive oil PAM. (I used Calphalon UNISON nonstick 12" pan
 4. Sprinkle sausage in pan, then pour half of the egg mixture over sausage. Sprinkle cheese. Pour remaining egg mixture.
 5. Bake at 350^oF 25 minutes or until set.
 6. Remove from oven and slide out of pan onto a board or plate.
 7. Cut in 6 or 8 portions.
- Enjoy!