



SPAM® Frittata

INGREDIENTS

- 8 Eggs
- 1 cup Milk
- 1 Red Onion (chopped)
- 3 Cloves Garlic (minced)
- 1 Cup Cheddar Cheese
- 1 Can SPAM® (cubed)

INSTRUCTIONS

1. Preheat oven to 375°.
2. In a skillet over medium heat, fry SPAM® and onion. Add garlic once SPAM® and onion are golden brown.
3. Crack eggs into a bowl and add milk. Whisk to combine ingredients. Stir in the SPAM®, onion, garlic mixture and add cheddar cheese.
4. Pour mixture into a casserole dish. Bake for 20-25 minutes or until you can jiggle the pan and the frittata doesn't shake in the center. Enjoy!