

Bacon Cheddar Frittata

Conversion
Factor

Original Yield

Desired Yield

desired yield

----- = conversion factor

original yield

Original Yield x Conversion Factor = Desired Yield

eggs

3

milk

½ c.

green onion, chopped

1

butter, melted

½ oz.

salt

¼ t.

pepper

dash

cheddar cheese shredded

½ c.

bacon strip, cooked and crumbled

1

1. In a bowl, whisk the eggs, milk, onion, butter, salt and pepper.
2. Pour into a shallow 3-cup baking dish coated with cooking spray.
3. Sprinkle with cheese and bacon.
4. Bake, uncovered, at 400° for 12-15 minutes or until eggs are set.
5. Yield: 2 servings.