



## Denver Omelette Frittata

1 T olive oil  
1/2 red onion, diced  
1 green pepper, diced  
8 eggs  
1/2 c milk  
1/4 c fresh parsley, roughly chopped  
Salt and pepper to taste  
1 c ham  
1 c Colby Jack cheese (or sharp cheddar)

Preheat the oven to 400F.

In a 10" cast iron skillet heat the oil, then sauté the onion and green pepper until onion is translucent, about 5 minutes. Turn off the heat.

Whisk together the eggs, milk, parsley and salt and pepper.

Add the ham to the skillet and pour the eggs over the ham and veggies. Top the mixture with cheese and bake for 20-25 minutes, until set.

Cool for five minutes, slice and serve. Leftovers will keep for up to five days in an airtight container in the refrigerator.