

## Bath County High School's Wildcat Catering Crew

### Wilson Frittata, Richards Fruit Cup

Serves: 6-8

#### Ingredients:

##### Richards Fruit Cup:

2 cups	apples, sliced
2 cups	blueberries
2 cups	raspberries, sliced
2 cups	red grapes, sliced
2 cups	green grapes, sliced
2 tsp	lemon juice
2 cups	water

##### Wilson Frittata:

1 Tbsp	olive oil
1½ cup	fresh spinach
1	red bell pepper, sliced
1 cup	sliced mushrooms
1½ cup	yellow onion, minced
5	eggs
¾ cup	low-fat sharp cheddar cheese
½ cup	skim milk
½ tsp	pepper
2 Tbsp	fresh sage, minced
1 lb	low-sodium turkey bacon
12	tortillas

#### Instructions:

##### Fruit Cup:

1. Wash all fruits and place in a colander.
2. Mix water and lemon juice together, and set aside.
3. Slice all grapes in half.
4. Core apples and cut into bite-size pieces. Place in lemon/water mixture.
5. Drain apples, and toss all fruits together in a bowl.
6. Divide into half-cup servings.

##### Frittata:

1. Preheat oven to 350 degrees.
2. Heat olive oil in a skillet, and add red pepper, mushrooms, and onion. Sauté for about 5 minutes, then add spinach and sauté until spinach is wilted. Place vegetables in a bowl, and set aside.
3. Crack eggs into a bowl, and mix in sage, salt, pepper, and milk.
4. Spray pans with cooking spray, and place 1 tortilla into each section.
5. Portion ¾ cup of veggie mix on top of tortilla, and add 1½ Tbsp cheese.
6. Divide egg mixture between portions.
7. Bake for 45 minutes or until internal temperature reaches 165 degrees.

**Nutritional Information:** calories: 686, saturated fat: 8g, sodium: 1434mg