

Vegetable Frittata

4 servings

Ingredients:

- 2 cups vegetables, chopped (mushrooms, onions,peppers, tomatoes)
- 6 eggs
- 1/4 cup nonfat milk
- 1/2 cup shredded cheese



Instructions:

1. Heat an oven proof skillet over medium heat. Spray with nonstick cooking spray. Add vegetables and sauté until tender, 3–5 minutes. Reduce heat to medium low.
2. While vegetables are cooking, beat eggs and milk together in a medium sized bowl. Stir in cheese.
3. Turn oven broiler on high.
4. Pour eggs over vegetables. Cover with a lid. Cook until eggs are nearly set, about 6 minutes. Do not stir and do not remove lid.
5. Remove lid from skillet and place skillet in the oven. Broil until eggs are completely set and lightly browned, 2–3 minutes.

TIPS

Use leftover vegetables, frozen vegetables that have been thawed, or canned vegetables that have been drained and rinsed.

Season eggs in step 3 to add more flavor. Add dried herbs,ground black pepper, or garlic powder.

Source: *Spend Smart. Eat Smart.* Iowa State University Extension Outreach, <https://spendsmart.extension.iastate.edu/recipe/vegetable-frittata/>

Nutrition Facts	
4 servings per recipe	
Serving Size: 1 slice	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 295mg	98%
Sodium 210mg	9%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 2mcg	10%
Calcium 168mg	15%
Iron 2mg	10%
Potassium 256mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.	

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