

Veggie and Cheese Frittata

- A frittata, or egg casserole, is a quiche without a crust. It is healthier than a quiche because pie crust adds more saturated fat to each serving.
- Saturated fat plays a bigger role than cholesterol in increasing risk for heart disease. Eggs are high in cholesterol, but when eaten in moderation are okay!
- Eggs are a whole food that are high in nutrients and low in cost. It is healthy to eat 1 egg per day, or 7 eggs per week.
- Use fresh, canned or frozen (thawed and drained) vegetables in this dish.
- Pair this frittata with fruit and whole grain toast for a balanced meal.
- If you do not have an ovenproof or electric skillet, move veggies to an **8” casserole dish** or divide the veggies and egg mix evenly into a **muffin pan**.

Nutrition Facts	
8 slices servings per container	
Serving size	1/8 of recipe (1 slice)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 170mg	57%
Sodium 260mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 95mg	8%
Iron 2mg	10%
Potassium 275mg	6%

*The % Daily Value 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.

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Servings: 8

Prep Time: 30 minutes



Ingredients:

- 8 whole eggs
- 1 teaspoon vegetable, olive or canola oil
- 1/4 cup any shredded cheese (cheddar, parmesan, Colby jack, etc.)
- 1/4 cup low-fat milk
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1-2 cups vegetables: Fresh, canned or frozen –peppers and onions, spinach, squash and zucchini, broccoli, cauliflower, potatoes (parboiled), green beans, etc...
- (optional) Any spices that you like: garlic powder, Italian seasoning, chili powder, cumin, dried onions, to taste

Directions:

1. **Preheat** oven to 350 degrees. In a medium bowl **whisk** the eggs, milk, and seasonings to combine, **do not over mix** or the eggs can be tough.
2. In a large ovenproof pan or nonstick skillet, **heat** oil over medium heat. When oil is hot, **add chopped/drained/thawed veggies** to the pan and **sauté** for 2-5 minutes. Softer veggies like squash and spinach need less time. Harder veggies like broccoli, cauliflower, peppers and onions need more time. **Sauté** until you see some color but they are still crisp- they will finish cooking in the oven.
3. **Pour egg mixture** over vegetables and **sprinkle** cheese on top. You can **sprinkle** the extra seasonings that you added to the mix on top, if you like.
4. **Place skillet in the oven** and **cook for 10 minutes**. Check doneness with a knife inserted in center of dish - if clean, then it's done. If not done, **return** to oven for 3-5 minutes and check again. (eggs will jiggle if **not done**)
5. If using as casserole dish or muffin tin, make sure that the pan is greased. See the front for instructions. **Cook times may vary.**

Recipe Credit:

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