

BROCCOLI AND CHEESE FRITTATA

Culinary Intro:	
Nutrition Intro:	This healthy meal is perfect for breakfast, lunch, or dinner. Make ahead of time and reheat when you're ready to eat it.

<p>Prep Time: min Ingredients for 6 servings Each serving =1 slice Cost per serving= \$ Ingredients:</p> <ul style="list-style-type: none"> • 2 Tablespoons extra-virgin olive oil • 1 cup broccoli florets, finely chopped • 1 cup chopped red and green bell peppers (optional) • 8 large whole eggs, beaten • Salt and freshly ground black pepper • ¼ cup grated Parmesan or mozzarella cheese <p>Steps:</p> <ul style="list-style-type: none"> • Heat a 9" non-stick skillet over medium heat. Add the olive oil. Add the broccoli, spreading in one even layer on the bottom of the skillet. Let the broccoli sizzle and brown, about 3 minutes. Add the sliced bell peppers, if using, and continue to cook until softened, about 2 more minutes. Season with salt and pepper. • Whisk together the eggs. Season with salt and pepper and pour over the broccoli and pepper mixture. Cook, uncovered, gently lifting around the edges of the frittata so that uncooked egg flows underneath. Cook 7-8 minutes or until frittata is firm and golden brown on the bottom. Remove the skillet from the heat, sprinkle with cheese and place under a broiler until frittata is golden brown, about 2 minutes <p><small>NUTRITION FACTS Serving Size = 1 slice (117g); Servings per container = 6; Calories 160; Total Fat 12g (18%); Saturated Fat 3g (15%); Cholesterol 250mg (83%); Sodium 160mg (7%); Total Carbohydrate 3g (1%); Dietary Fiber 1g (4%); Sugars 2g; Proteins 10g.</small></p>	Culinary/ Nutrition Notes for Demo:	
	1	<p>Culinary:</p> <ul style="list-style-type: none"> • Make sure the pan is at the right temperature before adding the eggs, you typically want the pan to be very hot! <p>Nutrition:</p> <ul style="list-style-type: none"> • Eggs are a great source of protein. The egg yolks contain the majority of the vitamins and minerals while the whites contain the protein.
	2	<p>Culinary:</p> <ul style="list-style-type: none"> • Adding veggies to dishes is a great way to start including more vegetables in your diet. Feel free to switch out the vegetables with any other kinds such as squash or spinach. <p>Nutrition:</p> <ul style="list-style-type: none"> • Broccoli and bell peppers increase the amount of fiber in this dish as well as add color to the frittata. The fiber+protein helps you feel fuller longer. • Olive oil is a great alternative to butter since olive oil contains heart-healthy fats.
	3	<p>Culinary:</p> <ul style="list-style-type: none"> • • <p>Nutrition:</p> <ul style="list-style-type: none"> •
	4	<p>Culinary:</p> <ul style="list-style-type: none"> • • <p>Nutrition:</p> <ul style="list-style-type: none"> •
5	<p>Culinary:</p> <ul style="list-style-type: none"> • Click here to enter text. <p>Nutrition:</p> <ul style="list-style-type: none"> • 	

Clean-up/Review comments

Culinary:
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Nutrition:

Materials	Shopping List
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 Chef's knife 3. 1 bowl for trash 4. 1 serving dish for final presentation 5. mise en place cups 6. 9" non-stick skillet 7. Bowl 8. whisk 9. 1 electric skillet 10. 1 can opener 11. 1 strainer/ sieve 12. silicone spatula 13. measuring cups 14. measuring spoons 15. paper plates/ cups/ soufflé cups 16. tasting spoons 17. paper towels 18. tablecloth 19. kitchen towel 20. gloves 21. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> • broccoli florets • red and green bell pepper • 8 large whole eggs <p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra-virgin olive oil <input type="checkbox"/> Salt <input type="checkbox"/> Pepper <input type="checkbox"/> Grated parmesan or mozzarella cheese <p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> <p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Click here to enter text.
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe • Label all mise en place items • Make sure to leave a portion of the onion, garlic, celery, spinach, tomatoes and cilantro intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation: 1 hour</p>	