



Mushroom and Sweet Pepper Frittata

6 Servings • 1 Serving = 1 Slice

INGREDIENTS

- 2 Tablespoons extra virgin olive oil, divided
- 1 cup mushrooms, thinly sliced
- 1 Tablespoon fresh thyme leaves
- ½ teaspoon less sodium soy sauce
- 1 cup red and green bell peppers, thinly sliced
- 2 cloves garlic, minced
- 8 large whole eggs, beaten
- Salt and freshly ground black pepper, to taste
- ¼ cup grated parmesan or feta cheese

DIRECTIONS

1. Heat a 9" nonstick skillet over medium heat. Add 1 Tablespoon olive oil and mushrooms, spreading them in one even layer on the bottom of the skillet. Let the mushrooms sizzle and brown, about 3-5 minutes. Stir in the thyme and soy sauce and stir quickly. Remove the mushrooms from the pan, trying to spoon out as much of the juices as possible.
2. Wipe the skillet clean with a paper towel, turn heat to medium-high, and add the remaining oil. Add the sweet peppers and garlic and stir until peppers start to soften. Turn heat down to medium-low and return the mushrooms to the skillet, stirring well to combine.
3. Season eggs with salt and pepper and pour over the peppers and mushrooms. 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.

Nutrition Facts

6 servings per container
Serving size 1 slice

Amount per serving

Calories 170

% Daily Value*

Total Fat 12g 15%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 250mg 83%

Sodium 220mg 10%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 1mcg 6%

Calcium 72mg 6%

Iron 1mg 6%

Potassium 195mg 4%

*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.

Developed by The Children's Hospital of San Antonio

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