



Broccoli and Cheese Frittata

6 Servings • 1 Serving = 1 Slice

INGREDIENTS

- 2 Tablespoons extra virgin olive oil
- 1 cup broccoli florets, finely chopped
- Optional: 1 cup red and green bell peppers, chopped
- Salt and freshly ground black pepper, to taste
- 8 large whole eggs, beaten
- ¼ cup parmesan or mozzarella cheese, grated

DIRECTIONS

1. 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 and continue to cook until softened, about 2 more minutes. Season with salt and pepper.
2. 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.
3. 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	160
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 250mg	83%
Sodium 160mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 1mcg	6%
Calcium 73mg	6%
Iron 1mg	6%
Potassium 189mg	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.

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