



Vegetable Frittata

Ingredients:

- 6 medium or large eggs
- ¼ tsp. pepper
- ½ tsp oregano or basil
- 1/3 C or 1 ½ ounces shredded cheese
- 2 tsp vegetable oil
- 1 small onion, chopped
- 1 clove garlic, chopped or 1/8 tsp garlic powder
- 2 cups fresh, canned or frozen mixed vegetables (green beans, zucchini, peas, corn, broccoli, etc.)
- 1 medium tomato, sliced

Directions:

1. Beat eggs with pepper, oregano or basil, and cheese in a medium bowl.
2. Heat oil in a 9" frying pan. Add onions, garlic, and other vegetables and cook on medium until soft.
3. Pour egg mixture over vegetables. With knife lift outer edges of eggs so mixture flows to the bottom of the pan.
4. Cook until eggs are set, about 6 minutes. Top with tomato slices.
5. Cut into 4 wedges. Serve hot.
6. Serve with whole wheat toast or English muffin and a piece of fruit to bump up fiber.

Calories 80; Saturated fat 1.5 mg; Sodium 110 mg; Total carbohydrates 5 g;
Fiber 1 g; Protein 5 g

For more information regarding this program and other healthy ideas, please contact:

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