

# Seasonal Frittata

**Yield:** 8 servings  
**Serving size:** 1 slice



Eggs are high in protein and low in calories. Adding herbs to the frittata adds flavor so we can use less salt and cheese in the recipe.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 slice (113g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 230mg	<b>77%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	<b>20%</b>
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 157mg	<b>10%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 52mg	<b>2%</b>

\*The % Daily Value (DV) 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.

**Option:** You can make individual servings by lining a regular muffin tin with 12 paper liners. Spray liners with cooking spray. Divide cooked vegetables among 12 muffin wells. Divide egg mixture evenly among muffin wells. Divide the cheese evenly among the frittatas. Bake for 10–15 minutes.

## INGREDIENTS

- 8 large eggs
- ½ cup skim milk
- Pinch of Kosher salt
- ¼ teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried basil
- 1 teaspoon dried (rubbed) oregano
- 2 TBSP olive oil
- 2 cups seasonal vegetables, small diced or roughly chopped (mixture of peppers, spinach, mushrooms, zucchini, and/or tomatoes)
- 3 cloves garlic, minced
- 1 cup cheddar cheese (2% fat), shredded

## DIRECTIONS

1. Preheat oven to 400°.
2. In a large bowl, combine the eggs, milk, salt, pepper, garlic powder, onion powder, basil, and oregano. Whisk until blended. Set aside.
3. Heat oil in a large, nonstick, oven-proof skillet on medium-high heat.
4. Add seasonal vegetables and sauté for 8 minutes.
5. Add garlic and cook an additional 2 minutes.
6. Add egg mixture to sautéed vegetables and stir to combine.
7. Sprinkle cheese evenly over the top.
8. Bake for 25 minutes or until frittata is golden brown.
9. Remove from skillet and cut into 8 equal portions.

**Option:** You can also make this in a casserole dish. Spray casserole dish with cooking spray and pour in eggs and vegetables and sprinkle with cheese. Bake as directed above.

**Tip:** Do not use a knife or metal utensil to cut inside a non-stick skillet. It will damage the non-stick coating.

