



## CHEESE & VEGETABLE FRITTATA

### INGREDIENTS

- 6 large eggs
- 2 Tbsp. whole-wheat flour
- 1 tsp. black pepper
- 1 medium onion (about 1 cup), cut into 1/2-inch pieces
- 1 cup red and/or green bell pepper, cut into 1/2-inch pieces
- 1 cup fresh or frozen spinach, cut into 1/2-inch pieces
- 1 cup mushrooms (fresh or canned)
- 1 garlic clove, finely chopped
- 1/3 cup part-skim mozzarella cheese, shredded
- Cooking spray or canola oil

### DIRECTIONS

1. Preheat the oven to broil setting.
2. In a large bowl, whisk eggs together until foamy, stir in the whole wheat flour & black pepper.
3. Using heavy skillet with an ovenproof handle, coat the skillet with cooking spray or oil and heat on medium.
4. Add onion & cook until it starts to get soft, then add the spinach, bell pepper, & mushrooms and cook for 2-3 minutes or more.
5. Add garlic and cook for 1 minute. Stir to avoid burning.
6. Add egg mixture into pan & stir to mix vegetables with eggs.
7. Cook 5-6 minutes or until egg mixture has set on the bottom & begins to set on the top.
8. Add shredded cheese. Push lightly under the eggs so it won't burn in the oven.
9. Place pan in oven and broil for 3-5 minutes until golden & fluffy.

### *Other Cooking Tips*

- Use other vegetables like broccoli, eggplant, or zucchini in frittata.
- Add flaxseed for additional omega-3 fatty acids.
- Add other seasonings as desired, like fresh basil leaves. For extra spice, add paprika or dried red chili powder.

### **NUTRITION INFO PER SERVING** (serves 6, price per serving ~\$1.40)

Calories: 194

Total Fat: 7.8 g

Saturated Fat 2.5 g

Cholesterol: 190 mg

Sodium: 186 mg

Carbohydrates: 23 g

Fiber: 4 g

Sugar: 15 g (0 g added sugar)

Protein: 10 g

Recipe Resource: [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Cheese-and-Vegetable-Frittata-with-Fruit-Salad\\_UCM\\_468422\\_RecipeDetail.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Cheese-and-Vegetable-Frittata-with-Fruit-Salad_UCM_468422_RecipeDetail.jsp)