

## Vegetable Frittata

### Ingredients:

- 4 cups broccoli florets
- 1 cup mushrooms, fresh, chopped
- 1/2 cup green peppers, chopped
- 8 each eggs
- 1/3 cup water
- 1 teaspoon Italian seasoning
- 1/4 cup cheddar cheese, lowfat, shredded
- 1 tablespoon parmesan cheese, shredded

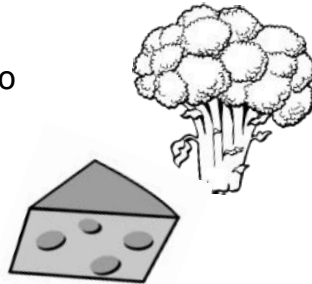
### Equipment:

- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Non stick skillet with lid
- Aluminum foil
- Medium bowl
- Grater

Number of Servings: 8  
 Prep Time: 15 minutes  
 Total time: 15 minutes

### Directions

1. Preheat broiler of oven. Wrap plastic handle of 10-inch skillet with foil to make it ovenproof. Evenly coat pan with non-stick cooking spray.
2. Over medium heat cook vegetables until tender crisp.
3. Meanwhile, in a medium bowl, beat together eggs, water and seasoning until well blended. Add cheddar cheese.
4. Pour over vegetable mixture. Cover, and cook until eggs are almost set, about ten to twelve minutes.
5. Broil for one to two minutes more to brown eggs. Sprinkle with parmesan cheese and cut into 8



For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)



Friend us on Facebook and follow us on Twitter  
[www.facebook.com/vafnp](http://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](http://www.twitter.com/vafnp)

### Nutrition Facts

Serving Size: 1 slice			
Servings: 8			
Amount Per Serving			
<b>Calories 93</b>	Calories from Fat 51		
%Daily Value*			
<b>Total Fat 6g</b>			<b>9%</b>
Saturated Fat 2g			9%
<b>Cholesterol 213mg</b>			<b>71%</b>
<b>Potassium 238mg</b>			<b>7%</b>
<b>Sodium 114mg</b>			<b>5%</b>
<b>Total Carbohydrate 3g</b>			<b>1%</b>
Dietary Fiber 1g			6%
<b>Protein 9g</b>			<b>17%</b>
Vitamin A 28%	Vitamin C 71%		
Iron 8%	Calcium 7%		

\*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.