



Broccoli-Cheddar Frittata

Prep time: 10 minutes

Cook time: 25 minutes

Makes: 6 Servings

This egg dish provides a quarter cup serving of vegetables during breakfast and uses reduced-fat cheddar cheese and non-fat milk to limit fat. Prep and cook in about 30 minutes makes this recipe an easy breakfast for both the weekday or the weekend.

Ingredients

1 package (10-oz) frozen chopped broccoli

1/4 cup water

8 eggs

1/4 cup nonfat or low-fat milk

2 teaspoons prepared mustard

1 teaspoon seasoned salt

Nutrition Information

Nutrients	Amount
Calories	160
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	257 mg
Sodium	470 mg
Total Carbohydrate	3 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	13 g
Vitamin D	1 mcg
Calcium	193 mg
Iron	1 mg
Potassium	184 mg

N/A - data is not available

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 Vegetables	1/4 cup
 Protein Foods	1 ounce
 Dairy	1/2 cup

1/8 teaspoon pepper

3/4 cup shredded reduced-fat cheddar cheese (3 oz)

1 tablespoon Chopped green onion

1 small carrot, diced

nonstick cooking spray

Directions

1. Combine broccoli, carrot, if desired, and water in 10-inch nonstick skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes; drain well.
2. Beat eggs, milk, mustard, salt and pepper in large bowl until blended. Add broccoli mixture, cheese and green onion; mix well.
3. Coat same skillet with cooking spray; heat over medium heat until eggs are almost set, 8 to 10 minutes.
4. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8 to 10 minutes. Cut into wedges.

Notes

Chef's Notes:

Broil option: After removing from heat, frittata can be broiled, 6 inches from heat until eggs are completely set and no visible liquid egg remains, 2 to 3 minutes.

Three ways to serve a frittata: Serve wedges right from pan, slide uncut frittata topside-up onto platter, or invert it

onto platter to show its nicely-browned bottom.

Materials:

10-inch skillet, Large bowl, Measuring cups, Measuring spoons, Mixing spoon, Sharp knife.

Source: Meeting Your MyPlate Goals on a Budget Toolkit by MyPlate National Strategic Partners