

#LetsCook30

FRITTATA

This colourful frittata is great for any meal. It works well at breakfast when you have company or as a quick and easy supper.

Servings: 4

Ready in about: 25 minutes

1 tbsp	vegetable oil
½ medium head	broccoli, small florets (about 2 cups)
1 small	onion, sliced
1 medium	red pepper, sliced
2 medium cloves	garlic, minced
1/2 tsp	each salt and pepper
8	eggs
1/4 cup	milk
1/2 cup	cheddar cheese, grated

Nutrition Tips

To reduce the saturated fat in this recipe we used:

- Low fat milk (2% M.F. or less)
- Low fat cheese (20% M.F. or less)

INSTRUCTIONS:

1. In a non-stick frying pan, heat oil over medium heat.
2. Add broccoli, onion, red pepper, garlic, salt and pepper and stir until broccoli is tender-crisp, about 2 minutes.
3. In bowl, mix eggs with milk and pour over vegetable mixture.
4. Cover and cook over medium-low heat until bottom and side are firm but top is slightly runny, about 7 minutes.
5. Sprinkle with cheese.
6. Cover and cook until centre is set and cheese is melted, about 3 minutes.

TIP:

- If you are cooking on a stove top and using a non-stick pan with an oven proof handle, you can finish the frittata under the broiler. Once you have sprinkled the cheese over top, broil until centre is set and cheese is melted.

PUBLIC HEALTH

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