

Veggie Frittata

A frittata is a veggie-packed egg bake that is popular in the Italian culture. I like to think of it as a crustless quiche. This recipe has been adjusted to use half whole eggs and half egg whites. Doing so helps to reduce the overall saturated fat in each serving, making it a healthier approach still loaded with protein! This recipe is easy and stores well for leftovers throughout the week.

Ingredients:

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| 2 tbsp | Oil of choice (I used avocado oil) |
| 5 cups | Fresh vegetables of choice, chopped (I used 1 cup mushroom, 1 cup red bell pepper, 1 cup yellow bell pepper, 1 cup green bell pepper, ½ cup jalapenos, and 1 cup broccoli) |
| 1 small | Onion, chopped |
| 2 cloves | Garlic, minced |
| 6 large | Eggs |
| 8 large | Egg Whites |
| 3 tbsp | Milk of choice (I used almond milk here) |
| ½ tsp | Salt |
| 1 tsp | Ground black pepper |
| 2 tsp | Red pepper flakes |
| 1 tbsp | Ground mustard (optional) |
| ½ cup | Parmesan cheese, grated |

Directions:

1. Preheat oven to 350 degrees F. Preheat 10" cast iron skillet and oil over medium heat on the stove.
2. Add chopped vegetables, onion, and garlic to the hot oil in the skillet. Cook for 8 minutes or until vegetables are tender.
3. In the meantime, whisk together the eggs, milk, salt, pepper, red pepper flakes, and ground mustard.
4. Remove skillet from heat. Pour half of egg mixture over the cooked veggies. Sprinkle ¼ cup cheese over the mixture. Pour the rest of the egg mixture on top. Then top with remaining cheese.
5. Bake at 350 degrees for 20-25 minutes or until the frittata jiggles slightly when you shake the skillet.
6. Turn the oven on "broil" to turn the frittata a golden brown. Watch closely during this step to prevent burning! Remove from oven and cool.
7. Serve warm! Enjoy!

Servings: 8 slices
Serving size: 1 slice

| Veggie Frittata | | |
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| Nutrition Facts | | |
| Serving Size: 1 Slice | | |
| Amount Per Serving | % Daily Value* | |
| Calories | 148.5 kcal | 7 % |
| Total Fat | 9.4 g | 14 % |
| Saturated Fat | 2.7 g | 13 % |
| Trans Fat | 0 g | |
| Cholesterol | 144.9 mg | 48 % |
| Sodium | 295.5 mg | 12 % |
| Total Carbohydrate | 5.2 g | 2 % |
| Dietary Fiber | 1.2 g | 5 % |
| Sugars | 3.3 g | |
| Protein | 11.3 g | 23 % |
| Vitamin A | 18 % | Vitamin C 123 % |
| Calcium | 9 % | Iron 5 % |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | |
| Full Info at cronometer.com | | |