

Broccoli and Red Pepper Frittata

Makes 6 Servings of 1 Wedge

Nutritional info: 161 calories, 11 grams of fat, 12 g protein, Na 235 mg

Ingredients:

1 ½ cup Broccoli (freshly chopped)

½ cup Red Pepper (fresh diced)

¼ cup water

¼ cup Yellow Onion (fresh diced)

8 Eggs

¾ cup Cheddar Cheese (shredded)

½ cup Milk (can use 2% or skim)

1/8 tsp salt

1/8 tsp Black pepper

Directions:

- Coat a skillet with cooking spray. Add broccoli, red pepper, onion and water. Cover and cook over medium-high until crisp-tender for about 5-10 minutes. Drain and return vegetables to pan. Set aside
- In a large bowl, beat together eggs, cheese, milk, salt and pepper until well blended. Pour mixture over vegetables. Cover and cook over medium heat until eggs are nearly set (8-10 minutes). Turn off heat and let stand, covered for another 8-10 minutes.
- Cut into wedges and serve