Recipe of the Month – March 2020

Vegetable Frittata
Serves 4
Serving Size: 1 slice
Cost per Serving: $.74

Ingredients:
2 cups vegetables, chopped 
(mushrooms, onions, peppers, tomatoes)
6 eggs
¼ cup nonfat milk
½ cup shredded cheese

Directions:
2. While vegetables are cooking, beat eggs and milk together in a medium sized bowl. Stir in cheese.
3. Turn oven broiler on high.
4. Pour eggs over vegetables. Cover with a lid. Cook until eggs are nearly set, about 6 minutes. Do not stir and do not remove lid.
5. Remove lid from skillet and place skillet in the oven. Broil until eggs are completely set and lightly browned, 2-3 minutes.

Tips:
• Use leftover vegetables, frozen vegetables that have been thawed, or canned vegetables that have been drained and rinsed.
• Season eggs in step 3 to add more flavor. Add dried herbs, ground black pepper, or garlic powder.

Nutrition Facts per Serving: 190 calories, 12g total Fat (5g sat. fat), 295mg. Cholesterol, 210mg Sodium, 5g Carbohydrates, 1g Fiber, 3g Sugar, 14g Protein

Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2020 Nutrition & Fitness Calendar