

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:

1. Heat an oven-proof skillet over medium heat. Spray with nonstick cooking spray. Add vegetables and sauté until tender, 3–5 minutes. Reduce heat to medium low.
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*



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