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Frittata

Calories per serving: 180 **# of servings:** 8 **Serving Size:** 1/8 of frittata **TOTAL TIME:** 1 hour

Ingredients

- 1 ½ pounds seasonal vegetables (ex. Broccoli, carrots, turnips, bell peppers, spinach, kale)
- 2 medium onions
- 4 oz low-fat cheddar cheese
- 12 medium eggs
- 1 tsp dried dill, thyme or oregano
- Non-stick cooking spray
- ½ tsp salt
- ¼ tsp pepper

Directions

1. Preheat oven to 350°F.
2. Rinse and cut vegetables into small pieces. Peel, rinse, and dice onions.
3. Grate cheddar cheese
4. Bring a large pot of water to boil. Add vegetables to water. Briefly boil, about 30 seconds. Using a colander, drain the vegetables.
5. In a large bowl, whip eggs with a fork until well blended. Whisk in dried herbs. Set aside.
6. Coat medium skillet with non-stick cooking spray. Heat over medium-high heat. Add onions and cook until soft, about 5 minutes. Add cooked vegetables. Continue cooking until soft and some of their juices have evaporated, about 5 minutes more.
7. Coat 9 x 13 inch baking dish with cooking spray.
8. Layer ingredients in the baking dish in the following order; veggie mixture, egg mixture, cheese, salt and pepper.
9. Bake until eggs are firm and cheese is melted, about 35 minutes (thermometer inserted should read 160°F).
10. Garnish with fresh herbs. Cut into 8 equal portions and serve!