



FRITTATA WITH VEGETABLES, GRAINS & HERBS

Ingredients:

¼ cup egg beaters
2 tsp oil
Black pepper
1 tbsp. farro
Add-ins of choice (see recipe notes below)

Instructions:

1. Preheat oven to 350 degrees F.
2. Beat eggs. Consider adding cooked grains like quinoa, brown rice or farro. Leftovers are fine here. You could also add cottage cheese, ricotta cheese or Greek yogurt at this stage. Set aside.
3. Add oil to oven safe skillet or sauté pan and sauté veggies over medium high heat until soft. Pour egg mixture over veggies, lower heat to medium low. Stir gently to evenly distribute veggies. Using your spatula, pull back the edges of the cooked eggs to allow any uncooked egg to fill the space. If you do this a few times around the edges it will help to ensure that it cooks evenly. Cook for about 10 minutes on medium low or until mixture firms up on the bottom.
4. When the egg is mostly "set" but still moist you can set the pan into the 350 degree oven for about 10 minutes to finish. You could sprinkle with cheese before you put it into the oven.
5. Slide the frittata out of the pan onto a plate. Serve Warm or at room temperature.
6. Serve with fresh fruit at breakfast or a salad for lunch or dinner. Enjoy!

Nutritional Information:

- Servings: 1
- Servings size: 1 muffin
- Calories: 179 kcal
- Fat: 11.6 g
- Saturated Fat: 2.1 g
- Unsaturated Fat: 7.6 g
- Cholesterol: 5 mg
- Sodium: 254.5 mg
- Carbohydrates: 9.6 g
- Fiber: 1.4 g
- Sugar: 4.3 g
- Protein: 9.3 g

Frittatas are very forgiving and beg for experimentation. Here are a few add-in combinations to consider:

- Onions, garlic, tomatoes, kale, quinoa, mushrooms and fresh rosemary, artichokes
- Onion, 1-3 TBS of fresh herbs and parmesan cheese
- Cherry tomatoes, fresh basil, mozzarella cheese and drizzled with balsamic vinegar
- Sautéed mushrooms and fresh thyme
- Scallions, jalapeño, cilantro, plain Greek yogurt and salsa
- Red bell peppers, cottage cheese and fresh oregano
- Mushrooms, asparagus, goat cheese and fresh basil