



# Vegetable and Cheese Frittata

4 Servings • 1 Serving = 1 Slice

## Tips on Bell Pepper



### How To Store

Store in the humidity drawer of the refrigerator.



### How To Use

With salads, roasted vegetables or use to make salsa.



### Health Benefits

Helps prevent colon cancer & help lower cholesterol levels.

## INGREDIENTS

- 2 Tablespoons extra virgin olive oil
- ½ red bell pepper, finely chopped
- 2 cups broccoli florets, finely chopped or grated
- 2 cups baby spinach
- ½ cup tomato, chopped
- 8 large eggs
- 1/8 teaspoon salt
- Freshly ground black pepper, to taste
- ¼ cup parmesan, cheddar, or mozzarella cheese

## DIRECTIONS

- Preheat broiler. Heat a 9" nonstick skillet over medium heat. Add olive oil, bell pepper, broccoli, spinach, and tomato. Sauté for about 5 minutes, until broccoli turns bright green and spinach wilts.
- As the vegetables cook, whisk together the eggs. Season with salt and pepper, then pour the eggs over the vegetables. Cook, uncovered, gently lifting around the edges of the frittata so that uncooked eggs flows underneath. Cook 7-8 minutes or until frittata is firm and golden brown on the bottom.
- Remove the skillet from heat. Sprinkle cheese on top of frittata and place skillet under the broiler until frittata is golden brown (about 2-3 minutes).

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 slice</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	<b>0%</b>
Calcium 218mg	<b>15%</b>
Iron 1mg	<b>6%</b>
Potassium 377mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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