

BROCCOLI CHEDDAR FRITTATA

INGREDIENTS

- 1 10-oz. package frozen broccoli, chopped
- 1/4 cup water
- 8 eggs
- 1/4 cup low fat milk
- 1 tsp. salt
- 1/8 tsp. pepper
- 3/4 cup shredded low fat cheddar cheese
- 1 tbsp. green onion, chopped
- 1 small carrot, diced
- nonstick cooking spray



DIRECTIONS

1. Combine **broccoli**, **carrot** and water in a 10-inch nonstick skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes. Drain well.
2. Beat **eggs**, **milk**, **salt** and **pepper** in a large bowl until blended. Add broccoli mixture, **cheese** and **green onion**. Mix well.
3. Coat skillet with cooking spray and heat over medium heat for 8 to 10 minutes, until eggs are almost done.
4. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid remains, about 8 to 10 minutes. Cut into wedges.

SERVES 6

TOOLS & EQUIPMENT

Skillet, large bowl, measuring cups, measuring spoons, mixing spoon, knife.

GREAT ADDITIONS/SUBSTITUTIONS

To add more color (and veggies), dice up your favorite bell peppers and throw them into the mix.

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