

Making it delicious

Veggie Frittata (Crustless Quiche)

Ingredients

- 1 Tbsp. olive oil
- 1 medium onion, diced
- 2 cups of broccoli florets, steamed*
- 1 cup of cherry tomatoes, halved*
- 4 large eggs
- 8 egg whites (1 cup)**
- 1 cup 1% milk
- 1 cup shredded Swiss cheese
- 1/2 tsp. Kosher salt
- 1/4 tsp. garlic powder (optional)
- 1/4 tsp. black pepper (optional)

*Or 3-4 cups of other vegetables, such as mushrooms, spinach, peppers, asparagus, zucchini, steamed cauliflower, squash, potato, etc. It's a great way to use leftover cooked vegetables!

**Or 4 more whole eggs if cholesterol is not a major concern.

Nutrition Facts

4 servings per container
Serving size (303g)

Amount per serving

Calories **290**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 215mg **72%**

Sodium 400mg **17%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 24g

Vitamin D 1mcg **6%**

Calcium 364mg **30%**

Iron 1mg **6%**

Potassium 455mg **10%**

*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.



Instructions

- Preheat your oven to 400° F.
- In a 9-10 inch skillet (preferably an oven-safe one), heat the oil over medium heat.
- Add the onion, and cook until golden brown, about 10 minutes. If your skillet is not oven-proof, transfer the cooked onions to a 9-inch pie pan.
- Spread the broccoli and tomatoes (or 3-4 cups of other vegetables) over the onions.
- In a mixing bowl, whisk the eggs, egg whites, milk, cheese, salt, garlic powder & black pepper.
- Pour mixture evenly over the vegetables; it will fill in the spaces between the veggies.
- Bake the frittata for 1 hour, until the surface is lightly browned and the egg is fully cooked.
- Cool for 20 minutes before serving.

Recipe adapted from "Good and Cheap: Eat Well on \$4 a Day" by Leanne Brown

SERVINGS: | PREP TIME: 35 MIN