

## Vegetable Frittata

*This recipe contains more than one type of fruit or vegetable, rich in different nutrients. Try many colors and kinds.*

### Ingredients:

- 6 medium or large eggs
- 1/4 teaspoon pepper
- 1/2 teaspoon oregano or basil
- 1/3 cup (1 1/2 ounces) shredded cheese
- 2 teaspoons vegetable oil
- 1 small onion, chopped (about 2/3 cup)
- 1 clove garlic, chopped, or 1/8 teaspoon garlic powder)
- 2 cups fresh, canned or frozen mixed vegetables (green beans, zucchini, peas, corn, broccoli, mushrooms)
- 1 medium tomato, sliced

### Directions:

1. Beat eggs with pepper, oregano or basil, and cheese in a medium bowl.
2. Heat oil in a 9 inch frying pan. Add onions, garlic, and other vegetables and cook on medium until soft.
3. Pour egg mixture over vegetables. With knife or spatula, lift outer edges of eggs so egg mixture flows to the bottom of the pan.
4. Cook until eggs are set, about 6 minutes. Top with tomato slices.
5. Cut into 4 wedges; serve hot.
6. Refrigerate leftovers within 2-3 hours.

<b>Nutrition Facts</b>			
Serving Size 1 wedge (115g)			
Servings Per Container 8			
Amount Per Serving			
<b>Calories</b> 80	Calories from Fat 45		
% Daily Value*			
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 145mg			<b>48%</b>
<b>Sodium</b> 110mg			<b>5%</b>
<b>Total Carbohydrate</b> 5g			<b>2%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 2g			
<b>Protein</b> 6g			
Vitamin A 15%		Vitamin C 25%	
Calcium 4%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

**8 servings**

Source: Janet Calvert and Caroline Cannon, OSU Extension. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>