

Vegetable Frittata

4 servings

Ingredients

- Peas, canned, ¼ cup
 - Crushed tomatoes, canned, ¼ cup
 - Green beans, canned, ¼ cup
 - Sliced potatoes, canned, ¼ cup
 - Carrots, canned, ¼ cup
- (All vegetables diced except the peas)
- Eggs, 4 medium
 - Garlic, 1 clove, minced
 - Olive or canola oil, 1 tsp

Preparation

Preheat the oven to 375 F. Beat together the eggs with the salt and pepper (do not over-beat; just mix until the eggs mostly come together.) In a large oven-proof non-stick skillet, melt oil over medium-high heat. Add garlic and saute 1 minute. Add diced potato, sprinkle with salt and pepper, stir and saute 3-5 minutes. Add the peas, diced tomatoes and green beans and stir until everything is hot. Make sure all the ingredients are evenly distributed across the bottom of the skillet, then pour in the egg mixture so that it evenly coats everything. Let it sit on the burner for 30-45 seconds to set the edges, then put the skillet in the oven. Watch the frittata as it cooks. Let it cook in the oven for 10-12 minutes until the eggs are set but remove it before the eggs brown very much on top. Slide the frittata out of the skillet and onto a cutting board. With a long serrated knife, slice it into wedges and serve warm with fresh fruit.



Nutrition Information

Per serving

Calories: 96

Fat: 5.6 g

Saturated Fat: 1.6 g

Protein: 6.2 g

Carbohydrate: 5.4 g

Fiber: 1.2 g

Sugars: 1.8 g

Cholesterol: 163.8 mg

Sodium: 200.1 mg

Calcium: 38 mg

Potassium: 66.7 mg