



# Sunrise Frittata

**Serves 4**

Making a frittata is easier than you think. Especially if you have leftover vegetables from last night's dinner. Roasted potatoes and sturdy greens make a great combination. Master the simple method and your family will love this versatile dish.

## Ingredients

- 4 large eggs
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 1 cup leftover vegetables, chopped (or fresh vegetables, chopped and sautéed)
- 1/2 tablespoon olive oil

## Directions

1. Beat eggs, pepper, and salt in large bowl, set aside.
2. Mix vegetables together.
3. Heat oil in a 10-inch non-stick skillet. If using fresh vegetables, sauté 5-8 minutes; add to eggs and mix well.
4. Pour egg-vegetable mixture into the same skillet. Cook over low to medium heat until eggs are almost set, about 8-10 minutes.
5. Cover and let sit until eggs are completely set, about 5 minutes. Egg dishes should be cooked to 160°F.

## Nutritional Information per serving

Calories 180  
Fat 7g  
Protein 9g  
Fiber 3g  
Sodium 240mg  
Carbohydrate 22g

