

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





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