

# Veggie Frittata

**Makes 6 servings**

## **Ingredients**

- 6 **eggs**
- 1/3 cup **skim milk**
- 1 small **onion**, chopped
- 2 cups chopped **veggies\***
- 2/3 cup low-fat **cheddar cheese**
- 1/4 teaspoon **pepper**
- Non-stick **cooking spray**

*\*Veggie Suggestions:*  
**Broccoli, spinach, peppers, etc.,**

## **Directions**

1. In a large bowl, beat eggs and milk with a whisk for 1 minute.
2. Add the remaining ingredients (except the cooking spray) to the egg mixture; mix well.
3. Heat a large non-stick skillet over medium-high heat. Spray generously with non-stick cooking spray.
4. Pour the egg mixture into the hot skillet. Reduce heat to medium-low, cover, and cook until the mixture is solid, about 25 minutes.
5. Turn frittata out of skillet and cut into wedges.



## Additional Notes:



## Nutrition Facts

servings per container

**Serving size** (100g)

Amount per serving

**Calories** **110**

% Daily Value\*

**Total Fat** 6g **8%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 190mg **63%**

**Sodium** 210mg **9%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 11g

Vitamin D 1mcg 6%

Calcium 119mg 10%

Iron 1mg 6%

Potassium 153mg 4%

\*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.

*This card was funded by the USDA SNAP program, which is called 3SquaresVT in Vermont. USDA is an equal opportunity provider and employer. To learn how 3SquaresVT can help low income people buy more healthy food, go to [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call Vermont 2-1-1.*