



Roasted Broccoli, Tomato, & Cheddar Frittata

Frittatas are a wonderful way to start your day off right with a serving of vegetables. They're also a great way to use up leftovers.

<u>U.S.</u>		<u>Metric</u>
3/4 cup	Broccoli, cut into small florets	68 g
1 pint	Cherry Tomatoes, washed	298 g
1 Tbsp	Olive Oil	15 mL
3/4 tsp	Salt, Kosher	4.5 g
1 Tbsp	Salt-Free Creole Seasoning	7.2 g
8 medium	Eggs	8 medium
as needed	Pan Spray	as needed
1/4 cup	Cheddar Cheese, low-fat, grated	28 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 350°F (180°C).
3. In a medium bowl, toss the broccoli, tomatoes, olive or canola oil, half the salt, and Creole seasoning together. Mix well.
4. Spread the broccoli and tomatoes in a single layer on a cookie sheet. Bake in the oven for 15-20 minutes, or until broccoli and tomatoes start to brown on the edges.
5. While the vegetables are roasting, crack the eggs into a medium mixing bowl. Add the remaining salt and whisk until well combined.
6. Once the vegetables are done roasting, place in the sprayed pan, or divide evenly among the 6 muffin tins.
7. Pour the egg mixture over the vegetables evenly.
8. Sprinkle the cheddar on top of the eggs. Place the pan into the oven and cook until the frittata is firm (no liquid in the center), about 15-30 minutes. (Note time will be shorter for muffin size versus a full pan.)
9. Allow frittata to rest for 5 minutes, then cut into six slices and serve, or serve an individual muffin size.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1 "muffin"
Servings	6
Calories	130
Calories from Fat	80
Total Fat	9 g
Saturated Fat	2.5 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	220 mg
Sodium	360 mg
Carbohydrates	3 g
Dietary Fiber	1 g
Sugars	2 g
Protein	9 g
Vitamin A	10 %
Calcium	8 %
Vitamin C	15 %
Iron	6 %
Phosphorus	149 mg
