



Vegetable Frittata

Yield: 4 servings

Cost Per Serving: N/A

Cook Time: 15 minutes

Ingredients:

- 3 eggs
- 3 egg whites
- ¼ cup grated Parmigiano Reggiano cheese
- 2 Tbsp diced fresh tarragon (or 2 tsp dried)
- Salt and ground pepper, to taste
- 3 Tbsp extra-virgin olive oil, divided
- 1 onion, diced
- 1 zucchini, diced
- 1 red or orange bell pepper, diced

Directions:

1. Combine the eggs, egg whites, cheese, tarragon, salt, and pepper in a large bowl, and whisk to blend. Set aside while you prepare the vegetables.
2. Heat 1 Tbsp. of the olive oil in a large, oven safe skillet over medium-high heat.
3. When hot, add in the diced vegetables and cook, stirring for 5-7 minutes, or until just tender, with golden brown edges.
4. Season with a pinch of salt and pepper. Remove the vegetables and set aside in a bowl.
5. Wipe out the pan with a paper towel and turn the heat down to medium-low.
6. Add the remaining 2 Tbsp of olive oil and swirl to coat the pan.
7. When the pan is hot, pour the egg mixture and cook for about a minute, then gently spoon the vegetables over the eggs (do not mix them in).
8. Continue cooking until the edges have set. Lift the frittata gently to see that the bottom has browned, about 5 minutes.
9. Put the skillet under the broiler for 2 minutes, or until the top is set and lightly browned. Watch carefully to prevent burning.
10. Let the frittata cool then slide it onto a serving plate, cut into wedges, and serve.

*Based on Walmart prices 00/00

