

# LET'S COOK!

BROCCOLI AND CHEDDAR FRITTATA



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Servings: 4 to 6 Ready in: 30 minutes

Knowing what to do with leftovers is a great skill to have... use any veggie leftovers you have for this tasty egg dish.

1 tbsp	vegetable oil
2 cups	broccoli, chopped
1 medium	onion, sliced
1 medium	red pepper, sliced
2 cloves	garlic, minced
½ tsp each	salt and pepper
8	eggs, beaten
¼ cup	milk
½ cup	cheddar cheese, grated

## NUTRITION TIPS

To reduce the saturated fat in this recipe, use:

- Low-fat milk (<2% M.F.)
- Low-fat cheese (<20% M.F.)

To learn more about food safety, visit [york.ca/FoodSafety](http://york.ca/FoodSafety)

## INSTRUCTIONS:

1. In a frying pan, heat oil over medium heat.
2. Add broccoli, onion, red pepper, garlic, salt and pepper and stir for about 2 minutes, until broccoli is tender-crisp.
3. In bowl, mix eggs with milk and pour over vegetable mixture.
4. Cover and cook over medium-low heat for about 7 minutes, until bottom and side are firm but top is slightly runny.
5. Sprinkle with cheese.
6. Cover and cook for about 3 minutes, until the centre is set and the cheese is melted, and it reaches an internal temperature of 63°C/145°F.

**TIP:** If you are cooking on a stove top and using an oven-safe pan and handle, you can finish the frittata under the broiler.

Once you have sprinkled the cheese over top, broil until centre is set and cheese is melted.

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