



Chunky-Cheese Veggie Frittata

Ingredients:

6 eggs, beaten
½ cup shredded mozzarella cheese
½ tsp black pepper
Pinch of salt
1 tsp oil

½ cup mixed color peppers, chopped
½ cup cherry tomatoes, chopped
¼ onion, chopped
2 garlic cloves, minced
1 TBSP parsley, chopped

Directions:

1. Preheat oven to broil
2. In a medium size bowl, mix together eggs, mozzarella cheese, salt and pepper. Heat a non-stick, oven safe sauté pan over medium heat. Add oil to pan (note: choose an oil that has a high smoke point such as avocado oil, canola oil, light olive oil etc.)
3. Add peppers and onions to pan; sauté for 2-3 minutes; Add cherry tomatoes
4. Pour egg mixture into pan and stir with a rubber spatula
5. Cook for 4-5 minute, or until egg mixture has set on the bottom
6. Place pan in oven and broil for about 3 minutes, until lightly browned and fluffy
7. Remove from pan and slice; Serve immediately
8. Enjoy!

Cookware needed:

Medium-sized bowl
Medium sauté pan (oven safe)
Spatula

Cost: 

Ease: 

Health Benefit: This meal provides you with lots of protein and fiber to keep you fuller for longer! Using red pepper as a filling will also give you some vitamin C to help keep your immune system up to speed!

Grilled cheese is always a fun and delicious meal. Instead of making it the traditional way, why not be fun and creative, and let everyone choose their own toppings!

Substitutions:

1. You can really choose whichever vegetables you and your family like best.