



# Quick Vegetable Egg Frittata

## Ingredients:

- 6 eggs, beaten
- 2 tablespoons water
- Pepper, onion and garlic powder to taste
- 1-2 tablespoons oil or butter
- 1/2 bell pepper (red, yellow or green), sliced
- 1/2 onion (red, white or Spanish), sliced
- 4-5 mushrooms (baby bella, white or portabella), sliced
- 1 zucchini or squash, cubed
- 2-3 oz cheese, any kind, optional
- 2-3 oz low sodium chicken sausage (optional)

## Directions:

- Crack eggs into a bowl and whisk with the water. Add salt and pepper. In an ovenproof (no plastic or wood- all metal) stainless steel, aluminum or cast iron pan to heat up oil or butter and add vegetables.
- Cook until soft. Allow them to cool slightly and add to egg mixture. If adding meats cook them in the pan or microwave and allow to cool slightly before adding to the egg mixture. Add cheese to egg mixture if using.
- Spray the pan with non-stick cooking spray or wipe with oil (this is so eggs won't stick) and return egg/vegetable/meat/cheese mixture to the pan.
- Bake at 350 degrees for 20-25 minutes or until a toothpick inserted into the middle of the frittata

This is a recipe you can make in one pan and clean out your refrigerator of vegetables and any or all of the vegetables listed can be used.

Eggs make a great vehicle for vegetables and this can be served for breakfast, lunch or dinner.

The protein in the eggs and the fiber from the vegetables will keep you full for hours.

Serve with a salad or seasonal fruit on the side.



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# Quick Vegetable Frittata Shopping List

## Nutrition Facts

Servings: 6

### Amount per serving

**Calories** 184

**% Daily Value\***

**Total Fat** 13.9g 18%

Saturated Fat 4.5g 23%

**Cholesterol** 174mg 58%

**Sodium** 279mg 12%

**Total Carbohydrate** 4.8g 2%

Dietary Fiber 1g 3%

Total Sugars 2.2g

**Protein** 10.8g

Vitamin D 71mcg 353%

Calcium 100mg 8%

Iron 2mg 8%

Potassium 236mg 5%

■ 6 Eggs

■ Pepper

■ Garlic Powder

■ Onion Powder

■ Oil or Butter

■ 1 Bell Pepper

■ 1 Onion

■ Mushrooms

■ 1 Zucchini

■ 2-3oz Cheese

■ Chicken Sausage  
(optional)