



A Nutrition Resource

GARDEN VEGETABLE FRITTATA

Yield: 8 Servings | Serving Size: 1/8 of a 9-inch skillet

Cost/Serving: \$0.53

Ingredients:

- 5 eggs
- 1/3 cup 1% milk
- 1 Tablespoon vegetable oil
- 1/2 medium onion, chopped
- 1/2 medium green bell pepper, chopped
- 2 cloves garlic, minced
- 2 cups fresh spinach
- 1 medium tomato, chopped
- 1/2 cup cheddar cheese, shredded
- 3/4 cup quinoa, cooked
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions:

- 1) Preheat oven to 350°F.
- 2) In a large bowl, whisk eggs with milk, salt, and pepper.
- 3) Warm oil in a 9-inch oven-proof skillet over medium heat (if no oven-proof skillet is available, use a regular skillet and have 9-inch pie pan available). Add onion, bell pepper, and garlic. Sauté until onion is translucent, about 7 minutes. Stir in spinach and quinoa and sauté for 1 minute. Remove from heat and add tomatoes and egg mixture to vegetables (transfer mixture to pan if using).

Nutrition Facts

8 servings per container
Serving size 1/8 of a 9 inch
skillet (116g)

Amount per serving	
Calories	120
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 180mg	8%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 101mg	8%
Iron 1mg	6%
Potassium 154mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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- 4) Place skillet (or pie pan) in center of oven. Bake for 12 minutes. Cover the top with cheese and bake for another 3 minutes or until cheese is melted. Remove from oven and let sit for 5 minutes.

Original recipe by Andrea Withey.

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