



BROCCOLI FRITTATA

Yield: 6 servings

Ingredients:

2 tablespoons olive oil, divided
1 clove garlic, minced
4 cups broccoli florets
1/4 teaspoon crushed red pepper
1/2 teaspoon salt, divided
1/4 teaspoon black pepper, divided
6 large eggs + 4 large egg whites
1/2 cup shredded part-skim mozzarella cheese

Preparation:

1. Preheat the oven to 350°F.
2. Heat 1 tablespoon oil in a 10-inch ovenproof nonstick skillet over medium heat.
3. Cook garlic in oil, stirring constantly, for 30 seconds.
4. Add the broccoli and red pepper and cook for 1 minute.
5. Stir in 2 tablespoons water, 1/4 teaspoon salt, 1/8 teaspoon pepper. Cover and steam the broccoli until it is crisp-tender; cool slightly.
6. In a bowl, whisk the eggs and egg whites with the remaining salt and pepper. Stir in the broccoli and cheese.
7. Return the skillet to the stovetop, and heat the remaining 1 tablespoon of oil over medium low heat until set around the edge, about 3 minutes.
8. Transfer the skillet to the oven and bake until the center is just set, about 12 minutes.
9. Cut into wedges, and serve warm.

Nutrition Information (1 serving): 171 Calories; 13 grams protein; 11.2 grams fat; 3.3 grams saturated fat; 5 grams carbohydrate; 1.6 grams fiber; 387 mg sodium

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