**Vegetable Frittata**

**Cookery Principle:** Vegetables are an excellent source of Vitamins A and C and is associated with a reduced risk of cancer of the colon.

**Ingredients:**

Splash vegetable oil

125 mL veggie mix

broccoli, bell pepper, corn, zucchini

¼ onion, sliced

1 clove garlic, minced

3 eggs slightly beaten

sprinkle nutmeg **or** 1 mL cumin, chili powder &

cayenne

sprinkle pepper and salt

60 mL cheese, grated

**Procedure:**

1. In smallest frypan, heat oil. Add vegetables and cook over medium heat until vegetables are tender.
2. Add garlic, cook for another minute.
3. In bowl, beat together eggs, salt, spiced and pepper. Pour over vegetable mixture and sprinkle with cheese.
4. Cover and cook over medium-low heat for 5 – 8 minutes.

(or until set but still slightly moist on top)

1. Place under broiler for 2-3 minutes to lightly brown top.
2. Loosen edges of frittata (non-metal tool) remove from pan and cut into pie-shaped wedges.

**Standards**  **Nutritional Analysis**

When done, frittata is per serving:

set or firm in the center calories 181

grams fat 8

fiber excellent

vitamin A,C excellent

riboflavin (B2)good

niacin (B3) good

Fresh Salsa:

tomato,finely chopped

1 chunk onion,minced

15 mL cilantro, minced

2 mL olive oil

2 mL red hot sauce

1 shake, salt

Combine all ingredients and let sit until frittata is ready.

Serve Frittata with salsa and sour cream.