

## Seasonal Vegetable Frittata



### INGREDIENTS

- 1½ Tbsp. olive oil
- 1 cup zucchini or squash, diced
- 1 small red bell pepper, diced
- ½ cup onion, diced
- ½ cup tomato, seeded and chopped
- 2 tsp. chopped fresh thyme (or ½ tsp. dried)
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- 2 garlic cloves, minced
- 2 cups baby spinach
- 8 large eggs
- ⅓ cup nonfat milk
- ¾ cup crumbled feta or shredded cheddar cheese



### DIRECTIONS

1. Heat olive oil over medium heat in a 10-inch nonstick broiler-proof skillet. Sauté zucchini, bell pepper, onion, thyme, and garlic about 7 minutes or until softened. Stir in tomato and cook about 3 minutes. Add spinach and cook 2 more minutes or until liquid is mostly gone.
2. Beat eggs, milk, ¼ tsp. salt, ¼ tsp. black pepper in a medium bowl, whisking until frothy. Pour egg mixture into pan over vegetables, stirring gently. Sprinkle with cheese and then reduce heat. Cover pan and cook without stirring for about 15 minutes or until eggs are almost set in the center.
3. Set oven on broil. Broil frittata until set, about 3 minutes. Can broil on high for the final 1-2 minutes to get the frittata a nice golden brown. Let frittata rest for 5 minutes before inverting and slicing into 8 wedges.

NOTE: This frittata calls for summer vegetables, but you can add whatever vegetables are in season near you. Feel free to use 3-4 cups of the veggies of your choosing (just be sure to sauté them long enough)!

### NUTRITION FACTS

4 servings

Calories: 286

Fat: 20 g

Sodium: 615 mg

Total Carbohydrate: 10 g

Dietary fiber: 2 g

Protein: 18 g