



Cheese and Vegetable Frittata with Fruit Salad

Serves 6

Cheese and Vegetable Frittata

6 large eggs
2 Tbsp whole wheat flour
1 tsp black pepper
1 medium onion (about 1 cup), cut into ½ inch pieces
1 cup fresh or frozen spinach, cut into ½ inch pieces
1 cup red and/or green bell pepper, cut into ½ inch pieces
1 cup fresh mushrooms, sliced into thirds OR 1 cup canned mushrooms
1 clove garlic, finely chopped
2 Tbsp fresh basil leaves, finely chopped
1/3 cup part-skim mozzarella cheese, shredded
Cooking spray

Fruit Salad

2 peeled oranges, cut in half, then into 6-8 pieces, depending on their size
1 cup fresh green, red or purple grapes (use varieties without seeds), left whole
1 cup fresh or frozen strawberries, if fresh remove green top, sliced in half or quarters depending on their size
1 cup fresh or frozen mixed berries (blueberries, blackberries and/or raspberries)
2 tsp. balsamic or white wine vinegar OR fresh or bottled lime or lemon juice OR pineapple and/or orange juice
2 tsp. olive or canola oil
2 Tbsp. fresh mint or basil leaves, left whole, removed from stems

Directions:

1. Preheat oven (regular or toaster oven) to broil setting.
2. In a large bowl, whisk eggs together until foamy, stir in the whole wheat flour, black pepper, and baking powder.
3. Using a heavy skillet with an ovenproof handle, coat the skillet with cooking spray and heat on medium.
4. Add the onion and cook until it starts to get soft, then add the spinach, bell pepper and mushrooms and cook for 2-3 minutes more.
5. Add the garlic and basil and cook for 1 minute. Stir to avoid burning these.
6. Add the egg mixture into the pan and stir to mix the vegetables with the eggs.
7. Cook for 5-6 minutes or until the egg mixture has set on the bottom and begins to set on top.
8. Add the shredded cheese and using the back of the spoon, push lightly under the eggs, so it won't burn in the oven.
9. Place pan into the oven and broil for 3-4 minutes until golden and fluffy.
10. Remove from pan, cut into 6 servings and serve.

Fruit Salad

1. In a large bowl combine all fruit salad ingredients.
2. In a small covered jar shake the vinegar or juice with the olive oil to mix.
3. Add dressing to the fruit and toss to coat. If using frozen fruit toss very gently to avoid breaking them up too much.
4. Garnish with the fresh herbs, if available.
5. Serve with the frittata.

Nutritional Analysis

Calories	194
Fat	7.8g
Saturated Fat	2.5g
Trans Fat	0.0g
Polyunsaturated Fat	1.3g
Monounsaturated Fat	3.3g
Cholesterol	190mg
Sodium	186mg
Carbohydrates	23g
Dietary Fiber	4g
Sugars	15g
Protein	10g

Dietary Exchanges: 1 fruit, 1 vegetable, 1 ½ lean meat, ½ fat