



FRITTATA W/BROCCOLI, TOMATO & CHEESE

PREP TIME: 10 minutes

COOK TIME: 22 minutes

SERVING SIZE: 1 wedge/slice

SERVES: 8

INGREDIENTS

- 4 large eggs
- 16 egg whites (2 cups egg whites)
- ¼ teaspoon black pepper
- 1 teaspoons olive oil
- 8 ounces broccoli, washed, trimmed, and cut into 1-inch pieces (about 3 cups)
- 1 medium clove garlic, minced (about 1 teaspoon)
- ⅛ teaspoon red pepper flakes
- ½ cup fat free cheddar cheese, shredded
- 2 Roma tomatoes, chopped (about 1/2 cup)



PREPARATION

1. Adjust oven rack, about 5 inches from heating element; heat broiler. Whisk eggs and 1/4 teaspoon pepper in medium bowl. Set eggs aside.
2. Heat oil in 12-inch nonstick oven safe skillet over medium heat until shimmering; add broccoli and cook until beginning to brown and soften, 6 to 8 minutes. Add garlic and pepper flakes and cook until fragrant, about 30 seconds. Stir in cheese and tomatoes into eggs; add egg mixture to skillet and cook, using spatula to stir and scrape bottom of skillet, until large curds form but eggs are still very wet, about 2 minutes. Shake skillet to distribute eggs evenly; cook without stirring for 30 seconds to let bottom set.
3. Slide skillet under broiler and broil until frittata has risen, surface is puffed, and spotty brown, 3 to 4 minutes; when cut into with paring knife, eggs should be slightly wet and runny. Remove skillet from oven and let stand 5 minutes to finish cooking; using spatula, loosen frittata from skillet and slide onto platter or cutting board. Cut into wedges and serve.

ADAPTED FROM

Cooksillustrated.com

Recipe modified by CHOICES Nutrition Education Program

Nutrition Facts

8 servings per container
Serving size 1/8 slice (228g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 95mg 32%

Sodium 370mg 16%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 23g

Vitamin D 1mcg 6%

Calcium 102mg 8%

Iron 1mg 6%

Potassium 407mg 8%

*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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FRITTATA CON BRÓCOLI, TOMATE Y QUESO

TIEMPO DE PREPARACIÓN: 10 minutos

TAMAÑO DE PORCIÓN: 1 rebanada

TIEMPO PARA COCINAR: 22 minutos

PORCIONES: 8

INGREDIENTES

- 4 huevos grandes
- 16 claras de huevo (2 tazas de claras de huevo)
- ¼ de cucharadita de pimienta negra
- 1 cucharadita de aceite de oliva
- 8 onzas de brócoli, lavado, recortado y cortado en trozos de 1 pulgada (aproximadamente 3 tazas)
- 1 diente de ajo mediano, picado (aproximadamente 1 cucharadita)
- ⅛ cucharadita de hojuelas de pimienta roja
- ½ taza de queso cheddar sin grasa, rallado
- 2 tomates Roma, picados (aproximadamente 1/2 taza)

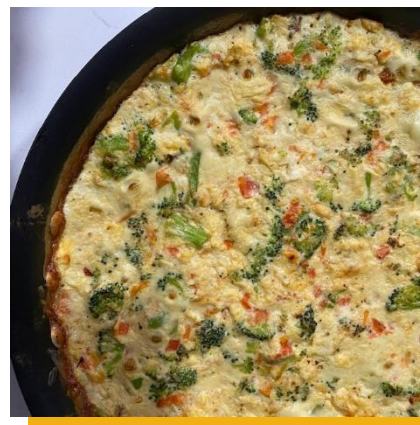
PREPARACIÓN

- Ajuste la rejilla del horno, aprox. 5 pulgadas del elemento calefactor; calentar el asador. Batir los huevos y ¼ de cucharadita de pimienta en un tazón mediano, ponga los huevos a un lado.
- Caliente el aceite en una sartén antiadherente para horno de 12 pulgadas a fuego medio; agregue el brócoli y cocine hasta que comience a dorarse y ablandarse, de 6 a 8 minutos. Agregue el ajo y las hojuelas de pimienta y cocine hasta que estén fragantes, aprox. 30 segundos. Agregue el queso y los tomates a los huevos; agregue la mezcla de huevo al sartén y cocine, usando una espátula para revolver y raspar el fondo del sartén, hasta que se forme una cuajada grande pero los huevos aún estén muy húmedos, aprox 2 minutos. Agite la sartén para distribuir los huevos de manera uniforme; cocine sin revolver durante 30 segundos para que el fondo se asiente.
- Colocar sartén debajo del asador y hornear hasta que la superficie esté inflada y tenga manchas de color marrón, 3 a 4 minutos. Retire la sartén del horno y deje reposar 5 minutos para que termine de cocinarse. Cortar en gajos y servir.

ADAPTADA DE: Cooksillustrated.com

Receta modificada por CHOICES Programa Educativo de Nutrición

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