



MIXED VEGETABLE FRITTATA

WHAT YOU NEED

- 10 ea. Eggs, large
- 1 tsp. Kosher salt
- ½ tsp. Ground black pepper
- 1 cup Parmigiano-Reggiano cheese
- ¼ cup Extra-virgin olive oil
- ½ tsp. Thyme leaves, chopped
- ¼ tsp. Red pepper flakes
- 18 ea. Scallions, white part only, thinly sliced

- 2 ea. Shallots, peeled and thinly sliced
- 3 cups Swiss chard, stemmed, chopped
- 1 ea. Yellow zucchini, diced
- 2 ea. Red bell peppers, roasted, peeled
- 1 lb. Asparagus, tough ends removed, cut into 2" lengths

- 9 oz. Baby spinach
- 1 ea. Tomato, large, sliced into 8 rounds
- 16 ea. Basil leaves
- ¾ lb. Mozzarella, fresh, unsalted, sliced into 8 rounds



Cook Time: 18 to 20 minutes
Makes: 8 servings

HERE'S HOW

1. *For the eggs:* Preheat the oven to 350°F. Whisk the eggs, ½ teaspoon of kosher salt, ½ teaspoon of ground peppercorns, and 1 cup of Parmesan cheese together in a large bowl and set aside.
2. In a cast iron pan, heat the olive oil with thyme, pepper flakes, and remaining ½ teaspoon of ground pepper over medium-high heat and cook, stirring occasionally, until the thyme is fragrant and slightly fried. Add the scallions, shallots, and cook one minute. Add the Swiss chard and zucchini and cook until wilted.
3. Add the bell peppers, asparagus, and remaining ½ teaspoon of salt, and cook, stirring occasionally, until the asparagus are soft but still al dente, reduce heat and cook until completely tender.
4. Gently stir in the spinach, stirring often, until the spinach wilts. Increase the heat to medium-high and cook until most of the liquid is evaporated, stirring often, for about 2 to 6 minutes.
5. *To prep the tomatoes and basil:* Lay the tomato slices on a piece of paper towel lined paper. Cover with another paper towel and gently press to absorb extra moisture and set aside. Stack 8 of the basil leaves, roll lengthwise and cut crosswise into thin strips, and set aside.
6. Pour the eggs over the vegetables; reduce heat to low, and cook until you can see that the eggs are setting on top of the vegetables, about 5 minutes. Arrange the mozzarella slices on top of the eggs and lay 1 basil leaf on each mozzarella slice and cover with a tomato slice.
7. Sprinkle the sliced basil and the remaining 1 cup of Parmesan over the top of the frittata. Bake until the top of the frittata is browned and puffy, 18–20 minutes. Remove it from the oven. Slice and serve immediately.

NUTRITION INFORMATION PER SERVING: Kcal: 230; Total fat: 17 g; Saturated fat: 5 g; Carbohydrate: 8 g; Fiber: 2 g; Protein: 13 g; Cholesterol: 240 mg; Sodium: 650 mg



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Most nutrition experts agree that breakfast is the most important meal of the day. Eating a balanced breakfast gives the body's metabolism a kick-start, and provides our brains and bodies with much-needed fuel after a night of fasting. And research shows that protein, in particular, at breakfast can help energize the body and curb hunger all day long.¹ How much protein is enough? Research suggests that 20 to 30 grams of protein helps deliver appetite satisfaction and supports weight control.¹ A breakfast frittata is an easy and delicious way to reach that optimal protein range and including grilled or roasted vegetables will boost flavor, fiber and nutritional value even more. Uneaten frittata can be stored in the refrigerator and then re-heated for a quick breakfast on-the-go.



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