Vegetable Frittata

Ingredients:
- 4 cups broccoli florets
- 1 cup mushrooms, fresh, chopped
- 1/2 cup green peppers, chopped
- 8 each eggs
- 1/3 cup water
- 1 teaspoon Italian seasoning
- 1/4 cup cheddar cheese, lowfat, shredded
- 1 tablespoon parmesan cheese, shredded

Equipment:
- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Non stick skillet with lid
- Aluminum foil
- Medium bowl
- Grater

Directions
1. Preheat broiler of oven. Wrap plastic handle of 10-inch skillet with foil to make it ovenproof. Evenly coat pan with non-stick cooking spray.
2. Over medium heat cook vegetables until tender crisp.
3. Meanwhile, in a medium bowl, beat together eggs, water and seasoning until well blended. Add cheddar cheese.
4. Pour over vegetable mixture. Cover, and cook until eggs are almost set, about ten to twelve minutes.
5. Broil for one to two minutes more to brown eggs. Sprinkle with parmesan cheese and cut into 8 slices.

Number of Servings: 8
Prep Time: 15 minutes
Total time: 15 minutes

Nutrition Facts
Serving Size: 1 slice
Servings: 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 1g</th>
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</thead>
<tbody>
<tr>
<td>Total Fat 6g</td>
<td>9%</td>
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<tr>
<td>Saturated Fat 2g</td>
<td>9%</td>
</tr>
<tr>
<td>Cholesterol 213mg</td>
<td>71%</td>
</tr>
<tr>
<td>Potassium 230mg</td>
<td>7%</td>
</tr>
<tr>
<td>Sodium 114mg</td>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrate 3g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>6%</td>
</tr>
<tr>
<td>Protein 9g</td>
<td>17%</td>
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*Percent Daily Values are based on a 2000 calorie diet.

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