



Roasted Broccoli, Tomato, & Cheddar Frittata

Frittatas are a wonderful way to start your day off right with a serving of vegetables. They're also a great way to use up leftovers.

U.S.

1/2 head (about 1 cup)	Broccoli, cut into small pieces
2 cups	Cherry Tomatoes, washed
2 Tbsp	Olive Oil
1/2 tsp, divided	Kosher Salt
1 tsp	Onion Powder
1 tsp	Garlic Powder
8 each	Eggs, large
As needed	Cooking Spray
1/4 cup	Cheddar Cheese, grated

Metric

1/2 head
300g
15mL
3g
3g
3g
8 each
As needed
28g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 425°F (220°C).
3. In a medium bowl, toss the broccoli, tomatoes, oil, 1/4 teaspoon of salt, onion powder, and garlic powder together. Mix well.
4. Spread the broccoli and tomatoes in a single layer on a cookie sheet lined with parchment paper. Bake in the oven for 10-15 minutes, or until broccoli and tomatoes start to brown on the edges.
5. While the vegetables are roasting, crack the eggs into a medium mixing bowl. Add 1/4 teaspoon of salt and whisk until well combined.
6. When the vegetables are done roasting, turn down the oven to 350°F (176°C).
7. Spray an 8x8 baking dish with cooking spray. Distribute the vegetables in the pan and then pour in the egg mixture. Top with the cheddar cheese.
8. Bake in the 350°F (176°C) oven and cook until the frittata is firm (no liquid in the center), about 10-15 minutes.

Alternative Cooking Method: Spray a muffin tin thoroughly with pan spray. Divide vegetables evenly between the muffin tin to make 12 "muffins". Pour the egg mixture over the vegetables evenly. Sprinkle the cheddar on top of the eggs. Place the pan into the 350°F (176°C) oven and cook until the frittata is firm (no liquid in the center), about 10-15 minutes.

9. Allow frittata to rest for 5 minutes before removing from the pan. If baking in an 8x8 pan, cut into 9 evenly sized squares.

****Nutrition Facts on Reverse**

Nutrition Facts - 8x8 Baking Dish

9 Servings

Serving size **1 square**

Amount per serving

Calories **110**

Total Fat	8 g
Saturated Fat	2.5 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	170 mg
Sodium	190 mg
Total Carbohydrate	2 g
Dietary Fiber	<1 g
Total Sugars	1 g
Includes 0g Added Sugars	
Protein	7 g
Vitamin D	5 %
Calcium	4 %
Iron	5 %
Potassium	200 mg
Phosphorus	105 mg

Nutrition Facts - Muffin Tin

12 Servings

Serving size **1 "Muffin"**

Amount per serving

Calories **80**

Total Fat	6 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	125 mg
Sodium	150 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Total Sugars	<1 g
Includes 0g Added Sugars	
Protein	5 g
Vitamin D	4 %
Calcium	3 %
Iron	4 %
Potassium	100 mg
Phosphorus	80 mg
