Mediterranean Vegetable Frittata

Yield: 4 servings
Total Time: 45 minutes

Ingredients
1 zucchini
1 red pepper
8 Eggs
½ cup skim or low-fat milk
¼ teaspoon salt
1 teaspoon dried oregano or 1 Tablespoon fresh oregano
2 Tablespoons olive oil
2/3 cup cherry tomatoes
4 ounces fat-free feta cheese

Preparation Instructions
1. Chop zucchini and red pepper into bite-size pieces.
2. Preheat the oven to 400°F.
3. In a bowl, crack the eggs and add the milk, salt and oregano. Beat well and set aside.
4. Heat oil in an oven-safe pan. Add zucchini, red pepper and tomatoes. Cook for 5-6 minutes or until the tomatoes are beginning to burst, stirring frequently.
5. Pour the egg mixture into the pan and crumble feta cheese on top evenly.
6. Cook for 2-3 minutes more to allow the bottom to set. Then transfer the skillet to the oven.
7. Cook in the oven for 15-20 minutes until the eggs are set. Turn on the oven’s broiler to brown the top for about 5 minutes. Serve hot or at room temperature.

Nutrition Analysis
Per Serving: 270 calories; 17g fat (4g saturated, 0g trans); 375mg cholesterol; 550mg sodium; 8g carbohydrate (1g dietary fiber; 5g sugar); 22g protein. Vitamin A 40%, Vitamin C 80%, Calcium 25%, Iron 15% Daily Value.

Cost
Per serving: $2.00

Tip
If you do not have an oven-safe pan you can cook the vegetables in a pan and transfer them with the egg mixture into a greased baking dish. If you do this, add ten minutes to the cook time to ensure the eggs are set.

Modified from www.mattersofthebelly.com