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## **Frittata**

Serves 4

### **Ingredients:**

8 eggs  
½ tsp pepper  
¼ tsp salt or Mrs. Dash seasoning  
2 tsp canola oil  
2 cups various vegetables, diced (such as a combination of onion, broccoli, red or green pepper, mushrooms, zucchini, spinach, cooked potato, lean cooked meats, etc.)  
¼ cup fresh herbs (such as parsley, basil, dill)  
¼ cup Parmesan cheese, grated

### **Directions:**

1. In a medium size bowl, using a whisk or fork, blend together the eggs, pepper and salt.
2. Heat a 12-inch non-stick, oven safe sauté pan for 2 to 3 minutes. Add oil to the pan. Add the vegetables and half of the fresh herbs. Sauté for 2 to 3 minutes until soft.
3. Pour egg mixture into the pan and stir with a rubber spatula to blend into vegetables. Cook on medium heat for 3 to 4 minutes or until the egg mixture has set on the bottom and begins to set on the top. Sprinkle with Parmesan cheese.
4. Place pan into a 425 degree oven and bake for 8 to 10 minutes until lightly browned and fluffy. Remove from heat and garnish with remaining fresh herbs. Cut into 4 pieces.

### **Nutritional Information per serving:**

Calories: 254	Carbohydrates: 7 g
Total Fat: 13 g	Cholesterol: 433 mg
Saturated Fat: 4 g	Dietary Fiber: 3 g
Sodium: 350 mg	Protein: 15 g

**NOTE:** To reduce the fat and cut the cholesterol in half, instead of using 8 whole eggs, substitute 4 whole eggs plus 8 egg whites. Or for a cholesterol-free frittata use 2 cups of Egg Beaters cholesterol-free egg substitute.