

## Spring Vegetable Frittata

- 3 large eggs
  - 3 egg whites
  - 2 tbsp milk
  - 1/2 teaspoon salt
  - 1/4 teaspoon freshly ground black pepper
  - 1/2 cup brie cheese, cut into tiny pieces (feel free to use another favorite cheese)
  - 1 1/2 tablespoons unsalted butter
  - 1 small zucchini, sliced thin
  - 1/3 cup frozen peas, thawed
  - 1 cup fresh spinach, chopped
  - 1/4 cup minced green onions (green tops only)
  - 1 1/2 teaspoons minced garlic
  - 1 tablespoon chopped green onions, for garnish
1. Preheat the broiler and place top rack 4 to 5 inches from broiler element.
  2. In a large bowl, whisk together eggs, whites, milk, 1/4 teaspoon of the salt, and 1/8 teaspoon pepper until eggs are frothy. Set aside.
  3. In a 9-inch nonstick ovenproof skillet, melt the butter over medium-high heat and add the zucchini, stirring until lightly browned, 2 to 3 minutes.
  4. Add the peas and green onions stirring occasionally, for 2 minutes.
  5. Add the garlic, spinach, 1/4 teaspoon of salt, and pinch of pepper, stirring until the garlic is fragrant, 30 seconds to 1 minute.
  6. Pour egg mixture over vegetables. Cook until edges are set but the middle still is loose, 3 to 4 minutes.
  7. Remove from heat and sprinkle cheese evenly over top. Place under broiler until eggs are slightly puffed and the cheese is bubbly and golden brown, 2 to 3 minutes, watching carefully to prevent overcooking. Serve Immediately.

### **Nutrition Facts**

Amount Per Serving (recipe is 2 servings)

- Calories 260
- Calories From Fat 150
- Total Fat 16g
- Saturated Fat 8g
- Trans Fat g
- Cholesterol 340mg
- Sodium 820mg
- Potassium 570mg
- Total Carbohydrates 10g
- Dietary Fiber 3g
- Sugars 6g
- Protein 19g

