

# Italian Frittata

½ teaspoon olive oil  
1 ¼ cups egg substitute  
2 cups mixed steamed vegetables (try chopped broccoli, asparagus, and red bell peppers)  
2 tsp minced garlic  
2 Tbsp minced chives  
1 tsp dried oregano  
1 tsp dried basil  
Fresh ground pepper  
¼ cup fresh grated Parmesan cheese

**1** Preheat the oven to 350° F. Add the oil to an ovenproof skillet or pie plate. In a large bowl, combine the remaining ingredients and add to the skillet.

**2** Set the skillet in the oven and bake the frittata for 14 to 17 minutes until set. Remove from the oven and loosen edges with a spatula. Sprinkle with grated cheese, cut into wedges, and serve.

## NUTRITION FACTS

**4 servings**                      **Serving size ¼ recipe**

AMOUNT PER SERVING

**Exchanges**    1 Vegetable    1 Lean Meat

<b>Calories</b>	82	<b>Sodium</b>	203 mg
Calories from Fat	20	<b>Total carbohydrate</b>	6 g
<b>Total Fat</b>	2 g	Dietary Fiber	3 g
Saturated fat	1 g	Sugars	3 g

*Providing guidance and support to make the "healthy choice the easy choice!"*



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