



early childhood community development centre

Low Fat Broccoli, Red Pepper and Cheese Frittata

Ingredients

- 2 whole eggs
- 300 ml of egg white or 10 egg whites*
- 2 garlic cloves
- 1 tsp canola oil
- 1 small red onion, diced
- 1 red pepper, chopped
- 1 ½ cups of chopped broccoli (small pieces)
- ¼ cup of crumbled feta or goat cheese, or ½ cup shredded cheddar
- ¼ tsp black pepper
- Salt to taste

*Egg whites can be purchased in cartons. They are usually found in grocery stores near the whole eggs. Egg whites are fat free and cholesterol free.

Directions

1. Pre-heat oven to 350 degrees.
2. In a small bowl beat whole eggs, egg whites and garlic together until blended.
3. In frying pan heat oil and sauté onion, red pepper and broccoli for about 3 minutes or until onion is tender.
4. Pour ¼ of egg mixture into the bottom of a standard size pie plate.
5. Add cooked onion and vegetable mixture to the eggs and sprinkle with the cheese.
6. Sprinkle vegetables with black pepper.
7. Pour remaining egg mixture over the vegetables.
8. Place pan on the middle rack in the oven and cook for 35-40 minutes or until egg is firm.

Source: Melissa Aubertin-Coutu, Sukha Yoga and Nutrition Centre, St Catharines

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