

Frittata

Recipe by: Chef Arthur Birnbaum

Serves: 8; 1 slice per serving

Prep time: 15 minutes – Cooking Time: 35 minutes



Ingredients:

- 1½ pounds seasonal vegetables, such as broccoli, carrots, turnips, or bell peppers
- 2 medium onions
- 4 ounces low-fat cheddar cheese
- 12 medium eggs
- 1 teaspoon dried dill, thyme, or oregano
- Non-stick cooking spray
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Optional Ingredients:

- 8 ounces mushrooms
- ¼ cup fresh parsley, thyme, or basil leaves

Materials:

- 9-by-13-inch baking dish
- Box grater
- Colander
- Cutting board
- Large bowl
- Large pot
- Measuring cups
- Measuring spoons
- Medium skillet
- Rubber spatula
- Sharp knife

Special materials:

- Food thermometer

Nutrition Facts

Serving Size 1/8 of recipe
Servings Per Recipe 8

Amount Per Serving

Calories 180 **Calories from Fat** 90

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 285mg **95%**

Sodium 390mg **17%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **7%**

Sugars 4g

Protein 14g

Vitamin A 90% • Vitamin C 90%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions:

1. Preheat oven to 350°F.
2. Rinse and cut seasonal veggies evenly into small pieces. Peel, rinse, and dice onions. If using, slice mushrooms and rinse and chop fresh herbs.
3. Grate cheddar cheese.
4. Bring a large pot of water to boil. Add seasonal veggies to boiling water. Briefly boil, about 30 seconds. Using a colander, drain the veggies.
5. In a large bowl, whip eggs with a fork until well blended. Whisk in dried herbs. Set aside.
6. Coat medium skillet with non-stick cooking spray. Heat over medium high heat. Add onions and cook until soft, about 5 minutes. If using mushrooms, add now. Add boiled seasonal veggies. Continue cooking until soft and some of their juices have evaporated, about 5 minutes more.
7. Coat 9-by-13-inch baking dish with non-stick cooking spray.
8. Layer ingredients in the baking dish in the following order: veggie mixture, egg mixture, cheese, salt, and pepper.
9. Bake until eggs are firm and cheese is melted, about 35 minutes. A thermometer inserted in the middle should read 160°F.
10. If using, garnish with chopped fresh herbs.
11. Cut into 8 equal-size portions.

Chef's Notes:

- Use any of your favorite fresh or frozen veggies in this recipe. Cook harder veggies first.
- Fresh veggies can be steamed until crisp-tender instead of boiled. Frozen veggies should be boiled as in step 4.
- Cut frittata into portions and freeze for future meals, up to 1 month.
- To make quick, individual portions, layer eggs, cheese, and veggies in a well-oiled muffin pan. Bake about 30 minutes, testing to see that mini frittatas spring back when lightly touched.
- If you do not have an oven, cook on the stove top over medium heat. Stir eggs into onions and mushrooms after step 6, along with other veggies. Keep stirring to set eggs. Cover skillet and cook on low until completely cooked through, about 25 minutes.

Making a menu can be easy. Try these hints:

- COOKING
MATTERS®**

The Cooking Matters Pantry

This list shows commonly used pantry items for making Cooking Matters recipes. If you want to stock your pantry for healthy cooking, this list is a good place to start.



Seasonings, Dried Herbs, and Spices

- ☐ Basil, dried
- ☐ Black pepper, ground
- ☐ Cayenne pepper
- ☐ Chili powder
- ☐ Cinnamon, ground
- ☐ Cumin, ground
- ☐ Garlic powder
- ☐ Ginger, ground
- ☐ Oregano, dried
- ☐ Paprika
- ☐ Parsley, dried
- ☐ Salt
- ☐ Soy sauce, low-sodium
- ☐ Thyme leaves, dried

Baking Staples

- ☐ Baking powder
- ☐ Baking soda
- ☐ Cocoa powder
- ☐ Flour: all-purpose, whole wheat
- ☐ Rolled oats
- ☐ Sugar: brown, granulated
- ☐ Vanilla extract

Cooking Staples

- ☐ Barley, pearled and/or quick-cooking
- ☐ Brown rice
- ☐ Canned beans: black, cannellini, kidney, pinto, chickpeas
- ☐ Canned corn (no salt added)
- ☐ Canned pineapple
- ☐ Canned tomatoes (no salt added): crushed, diced, tomato sauce
- ☐ Canola oil
- ☐ Chicken broth, low-sodium
- ☐ Cornstarch
- ☐ Non-stick cooking spray
- ☐ Nuts: almonds, peanuts, other favorites
- ☐ Peanut butter
- ☐ Raisins or other dried fruit
- ☐ Tuna or salmon, canned in water
- ☐ Vinegar: white, cider
- ☐ Whole grain cereal
- ☐ Whole grain pasta: spaghetti, macaroni, penne, lasagna noodles

Pantry Tip! To keep brown sugar soft, store opened bags in a zip-top bag or other airtight container. If already hard, soften in microwave on Low for 1-2 minutes. Check often to make sure it doesn't melt. Or, in an airtight container, place brown sugar and a slice of bread. Let sit 1-2 days. Remove bread once brown sugar has softened.

Make Your Own Muffins

Muffins make a great grab-and-go breakfast or snack.

Make a large batch on a day you have some extra time. Then pull one out to take on the go! Follow these steps to make 12 muffins.

1. Preheat oven to 400°F.
2. Coat a 12-cup muffin pan with non-stick cooking spray. Or, use muffin tin liner cups.
3. Make muffin dry mix: In a large bowl, whisk together 1½ cups whole wheat flour, 1 cup all-purpose flour, 1½ teaspoons baking powder, and ¼ teaspoon salt. Add **Optional Dry Flavorings**.
4. Make muffin wet mix: In a medium bowl, whisk together 2 large eggs, 1 cup nonfat or low-fat milk, ¾ cup brown or granulated sugar, 2 Tablespoons melted unsalted butter, 2 Tablespoons canola oil, and 1 teaspoon vanilla extract. Add **Optional Wet Flavorings**.
5. Add wet mix to dry mix. Stir until just combined. Fold in **Fruits and Veggies** and **Optional Add-Ins**.
6. Bake muffins until a toothpick inserted in the center comes out with just a couple of moist crumbs attached, 20–25 minutes.
7. Let cool in the pan for 10 minutes. Remove from pan and let cool completely.



Optional Dry Flavorings (1–1½ teaspoons total)	+	Optional Wet Flavorings	+	Fruits and Veggies (2 cups total)	+	Optional Add-Ins (up to ½ cup total)
Ground cinnamon		½ teaspoon coconut or almond extract		Fresh or frozen (not thawed) berries		Dried fruit, such as raisins, cherries, currants, or cranberries
Ground nutmeg		1 Tablespoon lemon, lime, or orange zest		Diced or mashed bananas		Toasted chopped or slivered nuts
Ground allspice				Diced mango or pineapple		Mini chocolate chips
Ground ginger				Shredded apples or pears		Shredded unsweetened coconut
Pumpkin pie spice				Shredded carrots, zucchini, or parsnips		



Try these combos!

Spiced Banana-Nut Muffins

Add ½ teaspoon each ground cinnamon, nutmeg, and allspice to the dry mix. Combine wet and dry mixes. Stir in diced bananas and chopped pecans.

Zucchini-Raisin Muffins

Add 1 teaspoon ground cinnamon to the dry mix. Combine wet and dry mixes. Stir in zucchini and raisins.

Blueberry-Ginger Muffins

Add 1½ teaspoons ground ginger to the dry mix. Combine wet and dry mixes. Stir in blueberries.

Chef's Notes:

- To freeze leftover muffins, wrap each one in plastic wrap. Place in an airtight container. Freeze up to 1 month.
- Use up fruits and veggies that are starting to get too ripe.
- To make bread instead of muffins, coat a loaf pan with non-stick cooking spray. Bake at 375°F for 50–60 minutes.

Grab-and-Go Breakfasts

Break for breakfast! Take a few minutes to fuel up in the morning.

Take these quick and easy breakfasts on-the-go if you're in a hurry:

Top low-fat yogurt with dried or fresh fruit and a spoonful of granola.

Spread a thin layer of peanut butter or hummus over whole wheat toast. Eat it with an apple or other piece of fruit.

Top toasted whole wheat bread with a slice of ham and tomato.

Use the microwave to warm up leftovers from a healthy dinner.

Add a spoonful of nuts and raisins to cereal. Eat it dry or add milk.

You don't have to eat breakfast right away. Eat it within the first few hours of your day.

Fold scrambled eggs into a whole wheat tortilla. Wash it down with a glass of milk.

Top a frozen whole grain waffle with fresh or frozen fruit and low-fat cottage cheese.

Eat whole wheat crackers with thin slices of cheese. Add a small glass of orange juice.

Make a mini-pizza. Top a whole grain English muffin with tomato sauce, leftover cooked veggies, and a little mozzarella cheese. Heat in the microwave.

