

Broccoli Frittata



Ingredients

- 1/2 cup nonfat cottage cheese
- 2 cups fat-free egg substitute
- 1 teaspoon olive oil
- 1 large onion, diced
- 2 cups frozen chopped broccoli
- 1/2 teaspoon dried dill
- 2 teaspoons margarine

Nutrition Facts

Serving Size: ¼ wedge

Calories: 150
(20% from fat)

Fat: 3g (saturated 0g)

Carbohydrate: 12g

Protein: 19g

Cholesterol: 0mg

Fiber: 3g

Sodium: 390mg

Preparation

Mix cottage cheese and egg substitute together and set aside. In a large nonstick frying pan over medium heat, sauté onions in oil for 5 minutes, or until soft. Add broccoli and dill and sauté for 5 minutes, or until broccoli mixture softens. Set vegetables aside.

Wipe out the frying pan. Add 1 teaspoon of margarine and swirl the pan to distribute it. Add half of the vegetable mixture, and then add half of the egg mixture. Lift and rotate the pan so the eggs are evenly distributed within the pan. As the eggs set around the edges, lift them with a spatula to allow the uncooked portions to flow underneath. Turn heat to low, cover the pan, and cook until top is set (eggs are not runny). Invert onto a serving plate and cut into wedges. Repeat with remaining 1 teaspoon of margarine, vegetable mixture and egg mixture.

Serves 4

Source: Centers for Disease Control and Prevention

Picture may not represent actual recipe.

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