



Catholic Health Initiatives

Imagine better health.®

Broccoli and Cheddar Frittata*

Serves 6

Prep/cooking time:

Approximately 35 minutes

Ingredients:

- 11 large eggs
- 1 tbsp. olive oil
- 1 small uncooked onion, thinly sliced
(about 1 cup)
- 2 cups cooked broccoli, chopped
- 1 pinch kosher salt (or to taste)
- 1 pinch black pepper, freshly ground
(or to taste)
- ½ cup WeightWatchers Reduced Fat
Mexican Style Blend Shredded Cheese

Directions:

Preheat oven to 400°F; position rack in middle of oven. In a large bowl, whisk together eggs; set aside. In a 10-inch ovenproof nonstick skillet, heat oil over medium heat until shimmering. Add onion and cook, stirring, until it begins to soften, 4 minutes. Add broccoli and cook, stirring, until warmed through, 2 minutes more. Season to taste with salt and pepper. Pour eggs over vegetables, covering them evenly; cook, gently lifting and pushing cooked edges toward center, allowing liquid egg to fill space, about 4 minutes. Sprinkle with cheese and transfer pan to oven. Bake until frittata is golden brown and puffed up, 12-15 minutes (frittata should be just slightly soft in center). Transfer frittata to a cutting board, cut in 6 wedges and serve immediately.

**1 SmartPoints*



Brunch Favorite

Harvest of the Month
broccoli