

Breakfast | Dinner

Broccoli Cheddar Frittata

10 Mins
Prep Time

20-25 Mins
Cook Time

6
Servings

217 Calories **16g Fat** **7g Carbs** **12g Protein**

Ingredients

6 Servings **30-35 Mins Total Time**

Allergens: Eggs, Dairy

6 Large Eggs

Salt and Pepper, to taste

2 Tbsp Extra Virgin Olive Oil

½ White Onion, diced

1 ½ Cups Frozen, Chopped Broccoli Florets

½ Cup Canned, Sliced Potatoes, drained and rinsed

¼ Cup Shredded, Sharp Cheddar Cheese

Allergen Swap

Eggs There is no substitution for eggs in this recipe.

Dairy Replace the cheddar cheese with a dairy-free version or omit.



Nourishment Note



Eggs

Eggs are an excellent source of lean protein needed for healthy cell growth. They also contain lutein that may promote eye health and choline, which may decrease chronic inflammation.



Broccoli

Broccoli is a cruciferous vegetable high in insoluble fiber to help prevent constipation. It also helps promote eye health, lung health, liver function, supports bone health, increases healthy cell production and keeps the immune system working its best.



Potatoes

Potatoes often get a bad rap, but this vegetable provides a variety of health benefits. Potatoes may help lower cholesterol levels, reduce the risk of heart disease and promote healthy eyes, skin and bones.



Onion

Onions are a type of prebiotic. Prebiotics feed healthy gut bacteria to help promote a healthier digestive tract. Onions may also help reduce cholesterol levels, which can decrease the risk for heart disease.

Instructions

1. Preheat Oven

Preheat the oven to 350 °F.

2. Whisk Eggs

While the oven is preheating, whisk together the eggs and salt and pepper in a medium-sized bowl. Set aside.

3. Cook Onions, Broccoli & Potatoes

Over medium heat, heat olive oil in an oven-safe skillet or cast-iron skillet. Add the onion and sauté for about 2-3 minutes. Add the broccoli and potatoes and continue to cook for about 4-5 minutes or until the broccoli appears slightly soft, stirring occasionally.

4. Add Egg Mixture

Add the egg mixture to the skillet. Stir to mix everything together and then allow to cook. Cook eggs for about 3-4 minutes, or until the edges begin to set. Sprinkle the top with cheese.

5. Bake

Place skillet in the oven on the middle rack and bake for about 10-15 minutes, or until the top is set and the cheese is melted.

6. Enjoy

Using an oven mitt, carefully remove from oven and enjoy.

Recipe adapted from damndelicious.net

What You'll Need



Can Opener



Colander



Medium-Sized Bowl



Whisk



Measuring Spoon



Measuring Cups



Cast-Iron Skillet or Oven-Safe Skillet



Spatula



Oven Mitt

Fatigue Buster

- Using canned and frozen vegetables helps to reduce some of the preparation time of this recipe. If opening cans is challenging, an electric can opener could be used.
- If feeling extremely fatigued, sitting on a stool or chair while cooking can help conserve some energy.
- This frittata is a great quick-cooking meal. Leftovers can be enjoyed for breakfast or lunch throughout the week.