

# Potato and Borccoli Frittata



- 1 tablespoon extra virgin olive oil
- 1 cup sliced onions
- 1/2 cup red bell pepper, sliced
- 1/4 cup finely chopped celery
- 1 clove garlic, minced
- 8 large eggs
- 1/2 cup fat free milk
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon black pepper
- 1-1/2 cups broccoli florets, cooked tender crisp
- 1-1/2 cups red potatoes, cooked and sliced
- 3/4 cup shredded sharp cheddar cheese
- 1/3 cup grated Parmesan cheese

1. Preheat oven to 425°F. Spray a 2-quart casserole dish with vegetable spray.
2. Heat oil in skillet. Add onions, peppers, celery and garlic and sauté until softened but not browned. Remove from heat.
3. Beat eggs in large bowl, add milk, basil, thyme, seasoning salt and pepper. Blend well. Stir in a small amount of the onion-pepper mixture. Stir well. Add remaining onion-pepper mixture and broccoli. Pour into prepared 2-quart casserole dish.
4. Add potato slices to casserole dish, distributing evenly. Sprinkle with cheeses.
5. Bake at 425 °F for 20 minutes or until mixture is set. Let stand 5 minutes before serving. Serves 6.

<b>Nutrition Facts</b>		
Servings per recipe: 6		
<b>Amount Per Serving</b>		
<b>Calories 240</b>	Calories from fat 126	
	% Daily Value	
<b>Total Fat</b> 14g		22%
Saturated Fat 6g		30%
<b>Cholesterol</b> 268mg		89%
<b>Sodium</b> 382mg		16%
<b>Carbohydrate</b> 13g		4%
Dietary Fiber 2g		8%
<b>Protein</b> 15g		30%
Vitamin A: 37%	Vitamin C: 87%	Folacin: 14%
Calcium: 24%	Iron: 9%	Potassium: 13%

Modified from original source: Prince Edward Island Potato Board, Consumer guide at [http://www.peipotato.org/recipe\\_details.asp?id=48](http://www.peipotato.org/recipe_details.asp?id=48)  
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