

MEDITERRANEAN VEGETABLE FRITTATA

Yield: 8 Portions

Ingredients	Amounts
Olive oil	1 tsp.
Onion, diced	¼ cup
Garlic, minced	½ tsp.
Zucchini, diced	½ cup
Red pepper, diced	½ cup
Yellow squash, diced	½ cup
Tomatoes, peeled, seeded, diced	½ cup
Cooked Pasta	½ cup
Basil, cut into thin strips	1 cup
Eggs, beaten	8 ea.
Salt	½ tsp.
Black Pepper	½ tsp.
Vegetable spray	as needed

Method

1. Combine all the vegetables with the olive oil in a 2 qt. microwave container, and microwave covered at P10 for 2 ½ minutes.
2. Spray a shallow microwave glass pie pan (9" round or 6" x 10" rectangular) with the vegetable spray and add the vegetable mixture.
3. Beat the eggs and season with salt and pepper. Pour the egg mixture over the vegetable mixture and stir gently to combine.
4. Microwave partially covered to let steam escape at P4 for 18 minutes.
5. Cut the frittata into wedges and serve hot or at room temperature.

Nutrition Facts	
Serving Size 1/8 Frittata	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 210mg	70%
Sodium 250mg	10%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 8g	
Vitamin A 30%	• Vitamin C 60%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	