

Broccoli Frittata

Ingredients

- 3 cups broccoli florets, cut up
- Olive oil
- 8 eggs
- ¼ cup shredded Parmesan cheese
- 1 cup shredded cheddar cheese

Directions

1. Preheat oven to 425 F.
2. Sauté broccoli in olive oil in 10 inch oven proof skillet.
3. Cook until tender, bright green and not too soft; remove from skillet.
4. Whisk eggs till fluffy. Add broccoli and both cheeses to eggs.
5. On medium heat, add egg mixture to skillet; rotate pan to distribute evenly.
6. Let the eggs run to the edges of the pan and underneath. Lower the heat a bit and cook till eggs are mostly cooked; you will want to lift the eggs around the edge of the pan often with a spatula to let them cook evenly and make sure the bottom doesn't overcook.
7. Eggs should be mostly set, with middle a bit wet.
8. Place pan in oven for 2-3 minutes until the top sets-it should puff up a bit but be careful not to burn the top.
9. Carefully slide frittata from the pan onto a large plate.
10. Cut in wedges. Serve hot, warm, room temp or even cold.

Mary-Beth says: *"Broccoli has made a comeback and has rebuilt its reputation as a star vegetable. Broccoli, a member of the cruciferous family, is packed with nutrients, including calcium, potassium, magnesium, phosphorus, and vitamins, including C, A, and K, is low in calories and high fiber."*