

Fajita Frittata

With frozen peppers and onions

- A frittata is a quiche without the crust.
- A great quick meal for breakfast, lunch or dinner and delicious hot or cold.
- If you do not have an ovenproof pan, use an 8” casserole dish, or divide the veggies in a muffin pan and evenly distribute the egg mixture.
- Eggs are a great source of vitamin B12 and protein for vegetarians who do not eat meat.
- Serve with whole grain toast and/or a side salad for a balanced meal.

Nutrition Facts

6 servings per container

Serving size 1/6 of frittata
(151g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 240mg 80%

Sodium 230mg 10%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 3mcg 15%

Calcium 62mg 4%

Iron 0mg 0%

Potassium 52mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: 6

Prep Time: 30 minutes or less



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Ingredients:

- 1 teaspoon vegetable or canola oil
- 1 12oz. Package Mexican blend (or any) frozen vegetables
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 8 eggs, large
- 1/4 cup cheddar cheese, shredded
- 1/2 cup low fat milk (or plain non-dairy milk)

Directions:

1. Preheat oven to 350°F.
2. Thaw frozen vegetables in cold water, drain well.
3. In a large ovenproof skillet, heat oil over medium high heat. When hot **add** veggies and **sauté** for 3-5 minutes, or until browned.
4. **Whisk** eggs, milk and seasons just enough to blend. Try not to overmix.
5. **Pour** egg mixture over veggies and sprinkle cheese on top.
6. Continue to **cook** on the stove at medium heat until the edges pull away from the pan.
7. **Transfer** skillet to the hot oven and **cook** for 16-18 minutes, or until the middle **does not jiggle** when you move the pan.

Recipe Credit:

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