

Common Sense COOKING

Frittata with Tomatoes, Broccoli and Potatoes

	Calories
2 large eggs	160
¾ cup cooked potatoes	85
¼ cup non-fat milk	20
¼ cup chopped tomatoes	5
½ cup chopped broccoli	25
2 Tablespoons olive oil	240
Optional: salt, pepper, herbs	
Total	535

Turn on a broiler.

1. heat oil in a skillet that can be put under a broiler. Add the tomato and broccoli. Stir to combine and cook 2-5 minutes.
2. while the vegetables are cooking, scramble the eggs and milk in a small bowl. Add the potatoes. Use a potato masher or a fork to combine the egg and potato. Season with salt and pepper, if desired.
3. add the egg/ potato mixture to the skillet and spread out evenly over the pan (this is easily done with a rubber spatula).
4. cook on top of the stove until the mixture is set. If you run a rubber spatula around the mixture, you can tell when it is crusting on the bottom. It will take about 5 minutes.
5. when the mixture is set, put the pan under the broiler and broil for about 3 minutes or until the top starts to brown.
6. use a metal spatula to loosen the mixture from the pan. The frittata should easily slide out of the pan onto a plate when done.