

CHEESE AND BROCCOLI FRITTATA



Time
25min



Servings
4

Calcium Recommended Daily Intake
23.60%

Calories
219

Calcium
236mg

Protein
13g

Vitamin D
0.99 IU

Ingredients

- 8 large eggs
- 1 small onion, sliced
- 2 tsps olive oil
- 300 g /2 cups broccoli, chopped
- 1/4 tspn salt
- Pepper to taste
- 50 g / ca. 1/2 cup shredded cheese – for e.g. aged Cheddar or Gruyère

Instructions

1. Separate 4 of the eggs, putting the whites into a bowl (discard the yolks). Add the 4 whole eggs and 2 tablespoons of water to the whites and whisk well.
2. Boil or steam the broccoli until just slightly soft.
3. In a medium ovenproof nonstick skillet/frying pan heat the oil at medium heat. Add the onion and cook until it begins to soften, about 5 minutes.
4. Add the broccoli and cook for another 2 minutes. Add salt and pepper.
5. Pour the egg mixture over the vegetables in the skillet covering them evenly. Reduce heat to medium-low, cover, and let cook until the egg mixture is firm around the edges but slightly liquid in the middle, about 7-8 minutes.
6. Preheat the oven, on broil.
7. Once ready, sprinkle with the cheese. Place the skillet under the broiler until the surface is set and golden brown, about 2-3 minutes.
8. Cut the frittata into 8 wedges. Serve with green or mixed salad.