



Broccoli Frittata

Broccoli frittata is a fun way to cook together, packed with colorful veggies, creamy cheese, and protein to keep everyone energized. Kids can help mix and pour, making it a tasty and healthy family activity!

Ingredient

- 1 cup broccoli florets
- 1/2 cup tomato, diced
- 1 small red bell pepper, sliced
- 2 green onions, sliced into 1 inch pieces
- 1 tablespoon olive oil
- 6 whole eggs
- 1/4 cup Dijon mustard
- 2 tablespoons water
- 1/4 cup 2% milk
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon Italian seasoning
- 1 cup low fat mozzarella cheese, divided

Instructions

1. Wash your hands.
2. Preheat oven to 375 degrees F.
3. Place broccoli florets, diced tomato, bell pepper and green onions in a 9x13 inch baking dish.
4. Spoon olive oil evenly over vegetables.
5. Roast the vegetables in the oven until crisp-tender, approximately 10 minutes.
6. In a bowl, combine eggs, Dijon mustard, water, milk, salt, black pepper and Italian seasoning. Whisk mixture until frothy.
7. Stir in a 3/4 cup of shredded low fat mozzarella cheese. Pour the egg mixture over the roasted vegetables. Stir gently with a fork to combine.
8. Sprinkle the remaining 1/4 cup of mozzarella cheese over the top.
9. Return to oven and bake 20-25 minutes or until set and cheese is browned on top.
10. Serve immediately.