

## Saturday Brunch Frittata

Serving Size: ¼ Recipe

Serves: 4

### Ingredients:

1 tablespoon olive oil  
4 fresh eggs  
Dash of skim milk  
Dash of salt  
¼ teaspoon coarse black pepper  
½ small onion, diced  
1 medium Yukon Gold potato, thinly sliced  
½ poblano pepper, julienne sliced  
1 clove garlic, minced  
1 pinch fresh oregano, diced  
1 tablespoon fresh basil, sliced julienne  
¼ cup grated fresh mozzarella  
½ cup fresh tomato, diced  
¼ cup fresh parsley, diced

### Directions:

Preheat the oven to 325.

Heat the oil in a 10 inch omelet pan or small flat skillet.

Scramble the eggs with the milk, salt and pepper.

Sauté the onion until soft. Add the potatoes, peppers, garlic and fresh herbs and sauté and stir until the potatoes are done.

Pour the egg mixture into the pan. Using a rubber spatula, gently stir small sections of the eggs while cooking to allow uncooked egg to reach the bottom of the pan and congeal. Keep the vegetable ingredients evenly distributed. Cook just long enough to partially cook the egg but not too long so as to over brown the bottom.

Sprinkle the top with the mozzarella cheese. Add the diced tomato and parsley.

Place the skillet in the oven for 5 minutes to melt the cheese.

Serve hot.

### Exchanges per serving:

1 MF Meat, 1 Starch, 1 Fat

### Nutrients per serving:

Calories: 170

Calories from fat: 83

Total Fat: 9g

Cholesterol: 190mg

Total Carbohydrate: 13g

Sodium: 133mg

Dietary Fiber: 2g

Protein: 9g