



Cauliflower and Sweet Pepper Frittata

6 Servings • 1 Serving = 1 Slice

INGREDIENTS

- 2 Tablespoons extra virgin olive oil
- 1 cup cauliflower florets
- 1 cup red and green bell peppers, thinly sliced
- 8 large whole eggs, beaten
- Salt and freshly ground black pepper, to taste
- ¼ cup parmesan or mozzarella cheese, grated

DIRECTIONS

1. Heat a 9" nonstick skillet over medium heat and add olive oil. Add the cauliflower, spreading the florets in one even layer on the bottom of the skillet. Let the cauliflower sizzle and brown, about 3 minutes. Add the bell peppers and continue to cook until softened, about 2 more minutes. Season with salt and pepper.
2. Whisk together the eggs. Season with salt and pepper and pour over the cauliflower and pepper mixture. Cook, uncovered, gently lifting around the edges of the frittata so that uncooked egg flows underneath. Cook 7-8 minutes or until frittata is firm and golden brown on the bottom.
3. Remove the skillet from the heat, sprinkle with cheese and place under a broiler until frittata is golden brown, about 2 minutes.

Nutrition Facts

6 servings per container

Serving size **1 slice**

Amount per serving

Calories 160

% Daily Value*

Total Fat 12g 15%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 250mg 83%

Sodium 180mg 7%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 1mcg 6%

Calcium 71mg 6%

Iron 1mg 6%

Potassium 204mg 4%

*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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