Pepper and Onion Frittata

Try this high protein dish to start your day on the warm side. You can even make it the night before.

Ingredients:
- 3 whole eggs
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil
- 1 medium red bell pepper, sliced
- 1 small onion, sliced
- 1/3 cup low-fat shredded cheddar cheese

Directions:
1. Turn oven to broil
2. In mixing bowl, mix together eggs, salt and pepper.
3. Heat oil in skillet over medium heat and add sliced peppers and onion. Cook until soft, about 8-10 minutes.
4. Pour in egg mixture and gently stir with spatula. Cook until eggs begin to set on the bottom, about 2-3 minutes.
5. Sprinkle shredded cheese over the top.
6. Place skillet in the oven and broil for 3-4 minutes until the egg is set and the cheese is bubbly.
7. Allow to cool then slice into wedges.

Prep time: 15 minutes  Cook time: 25 minutes
Serving Size: about 1 ½ cups  Number of Servings: 4

Nutrition Information / Amount per serving:
- Calories: 79  Protein: 5g
- Total fat: 5g  Total Carbohydrates: 3g
- Saturated fat: 1g  Dietary Fiber: 1g
- Cholesterol: 94mg  Sodium: 266mg

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