



Frittata Primavera

Yield: 2 servings

Ingredients:

- 3 teaspoons olive oil
- ¼ cup onion, chopped
- 1 clove garlic, finely chopped
- ½ cup fresh asparagus pieces
- ½ cup canned or frozen artichoke hearts, chopped
- ½ cup sugar snap peas, strings pulled and cut in ½-inch pieces
- ¼ teaspoon dried basil
- Salt and pepper to taste
- ¾ cup egg substitute or 3 eggs
- 1 tablespoon plain yogurt, low-fat
- 1 tablespoon Parmesan cheese, grated



Directions:

1. Heat 1 teaspoon of the oil in a skillet and cook the onion 2 or 3 minutes or until soft.
2. Add the garlic and cook 1 minute more.
3. Stir in the asparagus, artichoke hearts, peas, basil, and pepper, and cook, stirring occasionally until tender but still slightly crisp, 3-5 minutes. Set aside.
4. Preheat the broiler.
5. Beat the egg substitute or eggs with the yogurt and another pinch of pepper.
6. Heat the remaining oil in a heavy-bottom skillet. Pour in the egg mixture and cook until just set on the bottom but still wet on the top, 1 minute.
7. Scatter the vegetables over the top and set into the oven to finish cooking, 2 minutes.
8. Dust the top with the Parmesan cheese, cut into wedges, and serve.

Nutrition Facts: Calories: 126; Total fat: 3 g; Saturated fat: 1 g; Carbohydrate: 11 g; Sodium: 388 mg; Fiber: 2 g

Source: *A Healthier You*, Centers for Disease Control and Prevention



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