



Frittata **Serves 2-4**

Frittata is an Italian omelet. In Italy, this is not only appropriate for breakfast, but also for lunch (as a sandwich on some nice whole-grain bread) or as part of dinner. It can be made with any combination of vegetables, including onions, tomatoes, broccoli, corn, peas and any green such as kale, spinach, swiss chard or arugula. Fresh herbs make it even more delicious: dill, parsley, basil, cilantro. Below is my recipe for frittata with potatoes, onions and peas, my favorite as a kid.

Phytonutrients Found in this recipe.....

Lycopene, Quercetin, Zeaxanthin, b-carotene (if you use sweet potatoes), Omega 3's (choose eggs high in the Omega 3 content)

Medicinal Benefits of this recipe.....

Frittata's provide an excellent protein source for children and can be a great substitute for a child who has aversions to animal products. You can also increase the quality nutrition found in the frittata by including more or a variety of other vegetables.

Ingredients

3-4 tablespoons extra virgin olive oil
1 medium potato or sweet potato, skin on or off, quartered and cut in thin slices
1 medium onion, sliced thin
½ box frozen peas
½-1 medium tomato
4 organic eggs, lightly beaten and seasoned with salt and pepper
Salt
Pepper

Procedure

1. Preheat the oven to 300 degrees.
2. Heat olive oil in a non-stick pan, and sauté potatoes and onions on medium heat, stirring frequently. Season with salt and pepper.
3. After 7-10 minutes, when potatoes and onions are nice and brown, add peas and tomatoes and cook for another 2 minutes.
4. Pour the mixture into the bowl with the beaten eggs and mix gently.
5. Now pour the whole mixture back into the fry pan. Cook one side on medium-low heat for about five minutes, or until you see the underside is very lightly browned when you peak with a fork.
6. Transfer the pan to the oven for about 5 minutes or until it is lightly browned on top and the egg is all the way cooked through when you pierce it with a knife.
7. The frittata should slide easily out of the pan unto a plate. Cut into triangles like a pizza and serve!

Alternately:

You can add the beaten egg directly to pan and cook it all on the stovetop like scrambled eggs!

Basic Nutrition Profile for One Serving (about 8 oz):

Kcal	156 kcal
Protein	9 grams
Carbohydrate	14 grams
Fat	7 grams
Saturated Fat	2 grams
Monounsaturated Fat	3 grams
Polyunsaturated Fat	1 grams
Fiber	3 grams

This recipe is a great source of.....

Vitamin A	866 international units
Vitamin D	42 international units
Calcium	63 milligrams
Folate	51 micrograms
Vitamin K	11 micrograms
Potassium	317 milligrams

For more information on phytonutrients see handout on **The Benefits of Phytonutrients** available in Carol Ann's Library