

Vegetable Frittata

Ingredients

Eggs, whole large	32	32
Milk, 1% M.F.	4 cups	1 L
Salt	2 tsp	10 mL
Black pepper, ground	1 tsp	5 mL
Potatoes, peeled, grated	6 cups	1.5 L
Frozen mixed vegetables, thawed	11 cups	2.75 L
Vegetable oil	2 tsp	10 mL

Directions

1. Preheat oven to 375°F (190°C).
2. Combine eggs, milk, salt, pepper, potatoes, and vegetables in a mixing bowl. Using a mixer, blend on low speed for 2 minutes.
3. Grease 4 (9" x 13" x 2") pans with vegetable oil.
4. Pour 5 ½ cups (1375 mL) of egg mixture into each pan (or divide evenly between pans).
5. Bake at 375°F (190°C) for 30 minutes until a knife inserted in the centre will come out clean.
6. Cut each frittata into 12 pieces. Portion 1 slice onto serving plate.

Makes 48 slices (117g) servings.

Nutrition Facts	
Per 1 slice (117 g)	
Amount	% Daily Value
Calories 110	
Fat 4 g	6 %
Saturated 1 g + Trans 0 g	3 %
Cholesterol 125 mg	
Sodium 160 mg	2 %
Carbohydrate 11 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 7 g	
Vitamin A 60 %	Vitamin C 6 %
Calcium 5 %	Iron 6 %

Nutrient Claim	Amount per Serving
Source of calcium	0.9 mg
Source of iron	58 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	$\frac{2}{3}$
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	$\frac{1}{3}$

Alberta Nutrition Guidelines Category

Choose Most Often
(Mixed dish)



Recipe Tips

- Eggs contain protein and 14 essential nutrients.
- Experiment with spices -try adding cayenne pepper, paprika, chili powder, or even oregano.
- Make your own homemade salsa to serve with the frittata. Chop up tomatoes, red onions, cilantro and garlic, and mix with lemon juice.