Vegetable Frittata

Ingredients:
- 6 large eggs
- 2 tbls 1% milk
- ¼ tsp black pepper
- 2 tbls olive oil
- 2 cup asparagus, cut into 2 “ pieces
- 1 medium tomato, sliced thinly
- 1 cup mushrooms, sliced
- 1 cup mozzarella cheese

Directions:
1. Preheat the broiler. Whisk the eggs, milk, and pepper in a medium bowl to blend.
2. Heat the oil in an ovenproof skillet over medium heat. Add the asparagus and sauté until tender crisp. Add the mushrooms and sauté an additional 1-2 minutes.
3. Raise the heat to medium high. Add the tomato slices and pour egg mixture over all the vegetables. Cook for a couple of minutes or until the eggs begin to set.
4. Sprinkle with cheese. Reduce heat and cook until eggs are almost set.
5. Place the skillet under the broil and broil until the top is set and slightly brown.
6. Remove from oven and let the frittata set a couple of minutes. Transfer to a serving plate or cut and serve directly from the skillet.

NUTRITION FACTS

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>194</td>
<td>12g</td>
<td>22 mg</td>
<td>294 mg</td>
<td>6 g</td>
<td>2 g</td>
<td>16 g</td>
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</tbody>
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Prep time: 10 minutes
Cook time: 10 minutes
Serves: 4
Utensils Needed:
- Mixing bowl
- Cutting board
- Sharp knife
- Measuring cups/spoons
- Ovenproof skillet