

Frittata with Broccoli and Potatoes

4 servings

6 Tablespoons	extra virgin olive oil *
2 cups	broccoli, chopped, frozen, defrosted
6	large eggs
1 cup	non-fat milk
3 medium	cooked, diced potatoes

Turn on a broiler. Potatoes should be chopped, boiled and cooled.

1. heat oil in a skillet that can be put under a broiler. Stir in the broccoli. Cook 2-5 minutes.
2. while the broccoli is cooking, scramble the eggs and milk in a small bowl. Add the potatoes. You can either leave the potatoes as cubes or use a potato masher to combine the egg and potato. Season with salt and pepper, if desired.
3. add the egg/ potato mixture to the skillet and spread out evenly over the pan (this is easily done with a rubber spatula).
4. cook on top of the stove until the mixture is set. If you run a rubber spatula around the mixture, you can tell when it is crusting on the bottom. It will take about 5 minutes.
5. when the mixture is set, put the pan under the broiler and broil for about 3 minutes or until the top starts to brown.
6. use a metal spatula to loosen the mixture from the pan. The frittata should easily slide out of the pan onto a plate when done.

Approximate cost for the recipe: \$4.74 or \$1.19 per serving