Baked Broccoli Frittata

| 1 cup broccoli florets | 1 tablespoon olive oil | ¼ teaspoon black pepper |
| ½ cup tomato, diced    | 6 whole eggs           | ½ teaspoon Italian seasoning |
| 1 small red bell pepper, sliced | ¼ cup Dijon mustard | 2 tablespoons water |
| 2 green onions, sliced into 1 inch pieces | ¼ cup 2% milk | ¼ teaspoon salt |

Preheat oven to 375 degrees F. Place broccoli florets, diced tomato, bell pepper and green onions in a 9 x 13 inch baking dish. Spoon olive oil evenly over vegetables. Roast the vegetables in the oven until crisp-tender, approximately 10 minutes. In a bowl, combine eggs, Dijon mustard, water, milk, salt, black pepper and Italian seasoning. Whisk mixture until frothy. Stir in ¹⁄₄ cup of shredded low fat mozzarella cheese. Pour the egg mixture over the roasted vegetables. Stir gently with a fork to combine. Sprinkle the remaining ¹⁄₄ cup of mozzarella cheese over the top. Return to oven and bake 20-25 minutes or until set and cheese is browned on top. Serve immediately.

Yield: 8 servings.

Nutritional Analysis: 130 calories, 8 g fat, 3 g saturated fat, 170 mg cholesterol, 400 mg sodium, 5 g carbohydrate, 1 g fiber, 2 g sugar, 9 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.

Kentucky Broccoli

SEASON: May through early July, October through mid-November.

NUTRITION FACTS: Broccoli is a good source of vitamin A, vitamin C and phytochemicals, all of which have health benefits.

SELECTION: Choose tender, young, dark green stalks with tightly closed buds. One-and-a-half pounds of broccoli will yield 4 half-cup servings.

STORAGE: Store broccoli, unwashed, no more than 3 to 5 days, in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

PREPARATION: Wash broccoli under cold running water. Trim the leaves and peel the stalk.

To steam: Place on a rack above boiling water and steam 6-8 minutes. Rinse with cold water. Drain.

To boil: Place in a saucepan with 1 inch of boiling water. Cover and cook 5-7 minutes.

To microwave: Place broccoli in a microwave-safe dish. Add 1 inch of water and cover with a glass lid or plastic wrap. Microwave 3-4 minutes or until crisp-tender.

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