



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	1 cup low fat mozzarella cheese, divided
2 green onions, sliced into 1 inch pieces	2 tablespoons water	
	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 ¾ 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 ¼ 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.

Source: www.fruitsandveggiesmatter.gov

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.

KENTUCKY BROCCOLI

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students

March 2014

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.ag/fcs

COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment