

# Suitland Dine & Learn

## August 2018: Eat to Live

### Mexican Frittata

Courtesy of Jessica Yamamoto, MS from Iowa State University

#### Ingredients

**2 1/2** small zucchini (about 1/2 pound)  
**1/2** medium green bell pepper (seeded and chopped) (about 1/2 cup)  
**1** medium onion, chopped (about 1 cup)  
**2 cloves** garlic  
**1 teaspoon** oil (canola or vegetable)  
**6** large eggs, beaten

**1/2 cup** mozzarella cheese, shredded  
**1/4 cup** parmesan cheese (shredded or grated)  
**1/4 teaspoon** ground black pepper

**Cost per serving: \$0.77**

#### Directions

1. Wash zucchini. Trim and discard the ends. Cut each zucchini into 4 strips, then cut into 1/4" pieces. Combine the zucchini, bell pepper, onion, garlic, and hot pepper (if desired) in a bowl.
2. Heat the oil in a skillet over medium heat. Add vegetables and cook until the zucchini is crisp tender (about 4 minutes). Stir frequently while cooking.
3. Stir the eggs, mozzarella, and Parmesan together in a bowl while the vegetables cook.
4. Shake the skillet to distribute the vegetables evenly. Pour egg mixture over vegetables and shake skillet again to help distribute the egg mixture. Put lid on pan and cook 5-7 minutes. Cook until the egg on top is solid. Sprinkle with black pepper.
5. Loosen edges of frittata with spatula to serve. Cut into 4 wedges. Serve immediately.

<b>Nutrition Information</b>	<i>Amount Per Serving</i>	
Number of Servings: 5	<b>Total Fat:</b> 13 g	<b>Total Carbs:</b> 9 g
Serving Size: 1 wedge	<b>Cholesterol:</b> 290 mg	<b>Dietary Fiber:</b> 2 g
<b>Calories:</b> 210	<b>Sodium:</b> 300 mg	<b>Protein:</b> 16 g

#### HEALTH TIPS



*This versatile vegetarian dish is packed with protein, vitamins and minerals, and can be eaten hot or cold! Because its crust-less, its great for gluten-free diets!*