

RECIPE

Frittata & Berries

⌚ 15 minutes / 1 serving

SO SAVORY AND SATISFYING, this breakfast frittata might just make it into your lunch and dinner rotation too. Best of all, it bakes in one skillet for easy cleanup.

INGREDIENTS

- 1 egg
- ½ cup egg whites
- Salt and pepper to taste
- 1 tsp extra-virgin olive oil
- 1 small zucchini, diced
- ½ red bell pepper, diced
- 1 scallion, sliced
- 2 tbsp crumbled feta
- ½ cup raspberries



INSTRUCTIONS

- 1 **PREHEAT** oven to 375°F. Whisk egg and egg whites in a medium bowl; season with salt and pepper.
- 2 **HEAT** oil in a medium nonstick ovenproof skillet over medium. Add zucchini, bell pepper, and scallion; season and sauté until veggies are tender, 3-5 minutes.
- 3 **ADD** eggs and stir until eggs are beginning to set, about 2 minutes.
- 4 **BAKE** in oven until eggs are set, about 5 minutes.
- 5 **SPRINKLE** with feta.
- 6 **SERVE** with raspberries.

NUTRITIONAL INFO PER SERVING

CALORIES

337

PROTEIN

29 g

FIBER

7 g

CALCIUM

260 g