



# BROCCOLINI® baby broccoli Frittata

## Servings

4-6

## Calories

240

## Prep Time

5 minutes

## Total Time

15 minutes

## Skill Level

Easy

## Ingredients

1 bunch Mann's BROCCOLINI® baby broccoli  
(about 9 stalks)

8 large eggs

¼ teaspoon salt

2 tablespoons olive oil

1 clove garlic, crushed

1 cup goat cheese, crumbled

⅓ teaspoon red pepper flakes



## The Method

Preheat the broiler. Heat oil in a non-stick 9" skillet. Break eggs into a bowl, mix with salt and red pepper flakes until just blended. Toss in BROCCOLINI® baby broccoli and garlic, cook about 1 minute over medium-high heat until BROCCOLINI® baby broccoli turns bright green. Reduce heat to medium and spread BROCCOLINI® baby broccoli in an even layer.

Pour in eggs and cook, lifting edges as they firm up to let the uncooked egg flow under, until the underside is fully set (lift with a spatula to check). Shake pan now and then, to make sure frittata is loose. Sprinkle with cheese and place under broiler 1-2 minutes until the top is very lightly browned. Cut into wedges. Serve hot or cold.

### Nutrition Facts

Serving Size 154g | Servings: 5

### Amount Per Serving

Calories 240 | Total Fat 19g (sat 7g trans 0g) | Cholesterol 4mg | Sodium 340mg | Total Carbohydrate 4g | Dietary Fiber 2g |

Sugars 1g (Includes 0g Added Sugars) | Protein 16g | Vitamin D 10% | Calcium 6% | Iron 10% | Potassium 6%