



Organic Italian Skillet Frittata

Servings

3

Calories

550

Prep Time

15 minutes

Total Time

40 minutes

Skill Level

Medium

Ingredients

1 (10 ounces) package Mann's Organic Broccoli, chopped into bite-sized pieces

1 small onion, diced

1 pound chicken Italian sausage, uncased, uncooked

4 whole eggs

16 ounces egg whites

2 Campari tomatoes, sliced

1 ounce goat cheese



The Method

Preheat your oven to 350° F.

Heat a large, seasoned cast iron skillet over medium heat. Add onions and Italian sausage, breaking the meat up into small chunks as you add it. Cook until the sausage browns, about 5 minutes. Add Mann's Organic Broccoli and cook just until vibrant, about 3 minutes. Remove from heat.

Scramble the eggs with the egg whites lightly and season with salt and pepper if desired. Pour egg mixture into skillet, covering the contents evenly. Lay the sliced tomatoes over the top and sprinkle with goat cheese. Place skillet in oven and bake on the center rack for 25 minutes or until eggs are fully set.

Nutrition Facts

Serving Size: 500g | Servings: 3

Amount Per Serving

Calories 550 | Total Fat 28g (sat 10g trans 0g) | Cholesterol 320mg | Sodium 1540mg | Total Carbohydrate 12g | Dietary Fiber 3g | Sugars 4g (Includes 0g Added Sugars) | Protein 57g | Vitamin D 6% | Calcium 8% | Iron 20% | Potassium 15%