



## EPISODE 5: FRITTATA FUN

### Standard Frittata

4 Large Eggs  
½ C. Low-fat Sharp Cheddar Cheese  
1 Clove Garlic (minced)  
2 tbsp. Green Onion (minced)

¼ C. Red Onion (chopped)  
¼ C. Red Bell Pepper (chopped)  
1 tsp. Olive Oil  
Salt/Pepper to taste

### Directions:

*Preheat oven to 350°F. Heat olive oil in a medium non-stick sauce pan. Add garlic, green onion, red bell pepper, red onion and a pinch of salt. Sauté lightly for a few seconds. While vegetables are heating, whisk eggs in medium mixing bowl until smooth. Add a dash of pepper, if desired. Pour eggs into saucepan over vegetables and top with low-fat sharp cheddar cheese. Remove pan from heat and bake in oven for 15-20 minutes, until frittata is lightly browned on top.*

### Greek Frittata

8 Large Eggs  
1 tbsp. Fresh Parsley (minced)  
1 tsp. Fresh Oregano (minced)  
1 Clove Garlic (minced)  
1 C. Fresh Spinach (packed)

1 C. Feta Cheese (crumbled)  
1 C. Tomatoes (diced)  
1 tbsp. Olive Oil  
Salt/Pepper to taste

### Directions:

*Preheat oven to 350°F. Heat olive oil in a medium non-stick sauce pan. Add garlic, oregano, parsley, spinach and tomatoes, with a pinch of salt, if desired. Sauté lightly for a few seconds. While vegetables are heating, whisk eggs in medium mixing bowl until smooth. Pour eggs into saucepan over vegetables and sprinkle crumbled feta cheese on top. Remove pan from heat and bake in oven for 15-20 minutes, until frittata is lightly browned on top.*