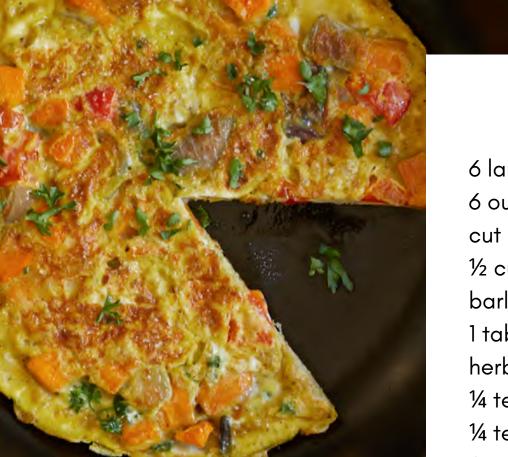
HEALTHIER TRADITIONS COOKBOOK™

quick & easy



STOVETOP Fittata

PREP 5 min

COOK 10 min

Ingredients

6 large eggs

6 ounces leftover roasted vegetables, cut into ½-inch pieces (about 1½ cups) 1/2 cup leftover cooked grains (such as barley or quinoa)

1 tablespoon finely chopped tender herbs (such as thyme, basil, or chives) 1/4 teaspoon fine sea salt 1/4 teaspoon black pepper

2 tablespoons extra virgin olive oil, divided

to combine.

- 2
- 3 about 30 seconds.
- 4

- 7
- 8 serve warm.

Nutrition Facts: 285 calories, 19g fat, 5g saturated fat, 369mg sodium, 13g carbohydrate, 3g fiber, 2g sugar, 15g protein



TOTAL 15 min

YIELD 3 servings

Directions

Whisk together 6 eggs in a medium bowl. Add vegetables, grains, herbs, salt, and pepper. Mix

Heat 1 tablespoon of oil in a medium, shallowedged pan over medium heat.

Add egg mixture and cook until edges are set,

Moving around the surface of the pan with a spatula, scrape egg from bottom of pan and bring edges toward center of pan to let uncooked egg flow down to surface. Then let mixture sit until edges are set again and lightly browned, about 1 minute.

Reduce heat to low and continue to cook, tilting pan and agitating egg with spatula to allow uncooked egg to flow underneath, until center is mostly set shaken, about 5 minutes.

Shake pan to loosen frittata. Place a large plate over pan and invert frittata onto plate.

Heat remaining 1 tablespoon oil in pan over medium heat. Slide frittata back into pan and reduce heat to low. Cook until set, about 3 minutes. Let cool in pan for 5 minutes.

Flip onto a cutting board, cut into wedges, and