

# Recipe



Prep Time:	10 minutes
Cook Time:	25 minutes
Serving Size:	6

**Nutrients Per Serving:** Calories 160 ,  
 Protein 13 g, Carbohydrate 3 g,  
 Dietary Fiber 1 g, Total Fat 8 g,  
 Saturated Fat 3 g, Sodium 470 mg

## County information

Ohio State University Extension - Wyandot County  
 Tami Baumberger - SNAP-Ed program assistant  
 109 S. Sandusky Ave. Room 16  
 Upper Sandusky, Ohio 43351

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



## Broccoli-Cheddar Frittata

### INGREDIENTS

1 package (10 oz.) frozen  
 chopped broccoli  
 1/4 cup water  
 8 eggs  
 1/4 cup nonfat milk  
 1 teaspoon salt  
 1/8 teaspoon pepper  
 3/4 cup shredded reduced fat  
 cheddar cheese  
 1 tablespoon chopped green  
 onion  
 non stick cooking spray

### DIRECTIONS

1. Combine broccoli and water in a 10-inch nonstick skillet. Cook over medium heat until tender, stirring occasionally to break up the broccoli, about 10 minutes; drain well.
2. Beat eggs, milk, salt and pepper in a large bowl until well blended. Add broccoli, cheese and green onion; mix well.
3. Coat same skillet with cooking spray, pour mixture in skillet and heat over medium heat until eggs are almost set, 8 to 10 minutes.
4. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid remains, 8 to 10 minutes. Cut into wedges.

### Source:

What's Cooking? USDA Mixing Bowl

For other healthy, low-cost recipes, visit  
[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)



**THE OHIO STATE UNIVERSITY**  
 COLLEGE OF FOOD, AGRICULTURAL,  
 AND ENVIRONMENTAL SCIENCES

### USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This Institution is an equal opportunity provider.