



FRITTATA PRIMAVERA

INGREDIENTS

- 1 tablespoon olive oil***
- 1 clove garlic, minced***
- 1 cup zucchini, diced***
- 1 cup red onion, diced***
- 1/2 cup red pepper, diced***
- 1/2 cup corn niblets, frozen***
- 1/4 cup Swiss cheese, shredded***
- 8 eggs, whisked***
- 1/4 teaspoon ground black pepper***
- 1/4 cup fresh tarragon, chopped
(or 1 tablespoon dried)***

PREPARATION: 20 MINUTES

COOKING: 45 MINUTES

4 SERVINGS

Nutrient Analysis

PER SERVING

1/4 of recipe

Renal exchange:

2 Protein + 1 Vegetable

| | |
|---------------|----------------|
| Calories | 242Kcal |
| Protein | 15g |
| Carbohydrates | 20g |
| Fibre | 1.8g |
| Total Fat | 15g |
| Saturated Fat | 5g |
| Cholesterol | 347mg |
| Sodium | 136mg |
| Potassium | 370mg |
| Phosphorus | 205mg |

PREPARATION

- 1** Preheat oven to 350° F (conventional oven).
- 2** In a skillet, heat oil over medium heat.
Add garlic, zucchini, onion, peppers, corn and sauté until tender.
- 3** Transfer vegetables to an ovenproof dish.
Sprinkle cheese over the vegetables.
- 4** In a bowl, whisk the eggs together and season them
with pepper and tarragon.
- 5** Pour seasoned eggs over vegetables and cheese.
- 6** Cover frittata mixture with foil and bake for 45 minutes
or until the eggs are firm to the touch.
Serve with toast and enjoy!