

# Broccoli Asparagus & Quinoa Frittata

**Servings: 4**

## Ingredients to prepare ahead of time

- 1 cup broccoli, lightly steamed, then chopped
- ½ cup chopped, lightly steamed asparagus
- ½ cup quinoa, cooked

## Ingredients

- 4 eggs, large
- 6 egg whites, large
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 1½ tablespoons extra virgin olive oil
- ½ yellow onion, medium, chopped
- ½ cup mushrooms, coarsely chopped
- 1/3 cup Parmesan cheese, grated



## Accompaniments

- 8 Tomato slices
- 16 strawberries, medium, rinsed
- 4 slices whole grain bread

## **Directions for preparing ingredients:**

1. Measure out 1 cup raw broccoli and enough asparagus for a ½ cup after steamed and chopped. Lightly steam asparagus and broccoli.
2. Prepare quinoa by combining ¼ cup dry pre-rinsed quinoa with ½ cup water in a small pot. Bring to a boil. Turn heat on low. Cover and cook for about 15 minutes or until all water is absorbed. Quinoa is cooked when each grain is translucent and the white germ is clearly visible.

## **Directions for Frittata**

1. Preheat oven to broil and set oven rack 8-10 inches from the top.
2. Wisk eggs and egg whites in a bowl until well beaten and season with sea salt and pepper. Set aside.
3. Add the olive oil to a 10" nonstick ovenproof skillet and heat on medium until oil is hot.

4. Sauté onions and mushrooms until soft, about 3 minutes.
5. Add chopped broccoli and asparagus and quinoa mixing well with onions and mushrooms. Continue heating 1 - 2 minutes or until all ingredients are soft.
6. Spread ingredients evenly throughout the pan. Lower heat to medium-low.
7. Add seasoned egg mixture and cook for about 3 minutes on the stovetop without stirring.
8. Sprinkle Parmesan cheese evenly over top of frittata, then transfer to oven. Cook in oven until the top is golden brown and the frittata is set, about 4 minutes or until center is just firm to the touch. Let cool slightly before serving.
9. Cut into wedges, top with tomato slices, and enjoy with a slice of whole grain bread and a side of strawberries.

**Nutrition:** (Serving size: ¼ the recipe)

<i>calories:</i> 311	<i>protein:</i> 20g	<i>total carbohydrate:</i> 32g	<i>total fat:</i> 13.5g
<i>sugars:</i> 8g	<i>sodium:</i> 526mg	<i>dietary fiber:</i> 9g	<i>saturated fat:</i> 3.5g