

Farm Stand Frittata

- 2 tablespoons butter
- 1 medium onion, diced
- 10 ounces fresh spinach or broccoli
- 1 cup shredded sharp cheddar cheese
- 2 large fresh eggs
- ½ cup low fat milk
- ½ teaspoon kosher salt
- Fresh black pepper, to taste



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1. Preheat oven to 350° and spray pie dish with cooking spray.
2. Melt the butter on the stovetop in a pan and sauté the onion over medium heat until tender.
3. Mix all ingredients together and pour into pie dish.
4. Bake 30 minutes or until frittata is set.

Nutrition Facts	
Serving Size 190 g	
Amount Per Serving	
Calories 241	Calories from Fat 164
% Daily Value*	
Total Fat 18.2g	28%
Saturated Fat 10.6g	53%
Trans Fat 0.0g	
Cholesterol 139mg	46%
Sodium 613mg	26%
Potassium 545mg	16%
Total Carbohydrates 7.2g	2%
Dietary Fiber 2.2g	9%
Sugars 3.4g	
Protein 13.6g	
Vitamin A 146%	Vitamin C 36%
Calcium 33%	Iron 15%
Nutrition Grade B+	
* Based on a 2000 calorie diet	