

# Broccoli Frittata



Michigan Restaurant & Lodging Association  
EDUCATIONAL FOUNDATION

# MRLAEF

## Ingredients

4 cups of broccoli florets,  
washed and diced  
1 tbsp olive oil  
1 shallot, peeled and minced  
1 tsp turmeric  
1/8 tsp salt  
1/8 tsp pepper  
1/4 cup water  
10 egg  
1/4 cup grated cheese  
1/4 cup water  
1 tbsp fresh tarragon leaves or  
1/2 tsp dried

Best with a 12-inch, oven proof, nonstick skillet. Heat oven to 350 Heat oil in the skillet over med-high heat. Add the shallot, broccoli, salt, pepper, and turmeric. Sauté about 8 minutes, stirring often, until the broccoli has taken on a little color. Add 1/4 cup of water to the pan and let the broccoli steam and the water evaporate.

While the broccoli cooks whisk the eggs, tarragon, cheese and 1/4 cup water together. When the broccoli is tender, add the egg mixture and gently stir with a spatula until the eggs just start to cook, smooth the top and place in oven, bake 6-8 minutes, eggs should be fluffy. Remove from oven and let sit for 5 minutes before slicing.

## Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

## Servings 8

142

9.7 g

3.1g

249mg

165mg

4.1g

1.3g

10.6g