

Simple Frittata



Ingredients:

- 4 eggs
- 1/4 c low-fat milk
- 1/4 t dried thyme
- 1 c vegetables, cooked and diced
- 2 tsp canola oil

Directions:

1. Beat eggs, milk, and seasonings in a bowl until well-blended. Add vegetables, mixing well.
2. Heat oil in a skillet (6-8 inch). When hot, add egg mixture. Cook over medium heat until eggs are almost set, around 10 minutes.
3. Remove from heat. Cover and let stand until eggs are set, around 10 minutes. Mixture should not have any remaining liquid egg visible.
4. Cut into wedges and serve hot.

Makes 2-4 servings



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