

## **Microwavable Frittata**

### **Ingredients:**

10 eggs, beaten  
½ cup turkey ham, sausage or other meat of choice  
½ cup shredded cheese  
½ cup vegetables of choice, frozen or canned  
¼ cup milk, nonfat or low-fat milk  
1 teaspoon Creole Seasoning or Salt and Pepper

### **Instructions:**

1. Prepare all added ingredients. If using raw sausage, cook until done. Chop meat and vegetables, if necessary.
2. Crack each egg into a small bowl. Check for shells. Transfer each egg into a larger mixing bowl. Whisk all 10 eggs until well beaten.
3. Add meat, cheese, vegetables, milk, cheese and creole seasoning (or salt and pepper) to the beaten eggs.
4. Stir all ingredients together.
5. Pour the egg mixture into a greased, 9" x 9" microwave-safe baking dish.
6. Microwave for 5-8 minutes total, stirring every 2 minutes until the dish reaches an internal temperature of 160 degrees F.

Source: LSU AgCenter

Serves: 6

Prep Time: 5-10 minutes

Cook Time: 5-8 minutes

## **Nutrition Facts**

6 servings per container

**Serving size** 1 slice (128g)

**Amount per serving**

**Calories** **180**

**% Daily Value\***

**Total Fat** 12g **15%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

**Cholesterol** 325mg **108%**

**Sodium** 310mg **13%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 16g

Vitamin D 2mcg **10%**

Calcium 134mg **10%**

Iron 2mg **10%**

Potassium 200mg **4%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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