

Thyme

# GARDEN VEGGIE FRITATTA

## Ingredients:

- 8 large eggs
- 1/2 cup 1% low-fat milk
- 1 tsp black pepper
- 1 Tbsp fresh thyme
- 1 Tbsp fresh oregano
- 1 cup crumbled feta cheese
- 1 Tbsp canola oil
- 1 medium zucchini, cut into half moons
- 1 sweet potato, diced
- 1 medium tomato, thinly sliced
- 1 cup shredded part-skim mozzarella cheese

## Preparation:

1. Preheat oven to 400°F.
2. In a large bowl, whisk together eggs, milk, pepper, thyme & oregano. Stir in feta cheese & set aside.
3. In a large skillet, heat oil over medium. Add zucchini, sweet potato & tomato. Sauté 3-4 minutes or until slightly fork-tender.
4. Place vegetables in a glass baking dish & spread evenly. Pour egg mixture over vegetables & top with mozzarella. Bake 15-20 minutes or until frittata is set. To check, insert a knife into middle. If ready, it will come out clean.

30 Min | Serves 8

### Nutrition Facts

8 servings per recipe  
**Serving size** (157g)

**Amount per serving**  
**Calories** **210**

% Daily Value\*

**Total Fat** 14g 18%

Saturated Fat 6g 30%

Trans Fat 0g

**Cholesterol** 210mg 70%

**Sodium** 360mg 16%

**Total Carbohydrate** 8g 3%

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 14g

Vitamin D 1mcg 6%

Calcium 253mg 20%

Iron 1mg 6%

Potassium 293mg 6%

\* The % Daily Value (DV) 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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# THYME

## In Season

Year Round

## How to Select

Choose thyme with big, green leaves that are perky & not wilted.

## How to Store

Thyme can last up to 10 days in the refrigerator if stems are placed in a glass filled with 1 inch water, with the leaves & stalks covered with a plastic bag.

## Helpful Tip

Dry thyme by leaving it out on the counter 2-3 weeks. When plant is completely dry, strip leaves from the stems by running your fingers against the direction of growth. Store in a jar up to 6 months.



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