

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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**CHOOSE
HOME
MADE**



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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