**Broccoli Frittata**



**Ingredients:**

½ bunch broccoli

10 mL oil

¼ onion, chopped fine

1. clove garlic, minced
2. eggs, lightly beaten

pinch salt, pepper and nutmeg

125 mL grated mozzarella cheese

**Method:**

1. Cut broccoli into florets. Clean broccoli by letting broccoli stand in a bowl full of cold water with approx. 25 mL salt for about 1 minute. Drain and rinse.
2. Cook broccoli in a glass bowl and a small amount of water (approx. 60 mL); cook on high for 3 minutes or until tender-crisp. Drain and set aside.
3. Prepare ingredients: finely chop onions and garlic. Lightly beat eggs in a small bowl with spices. Grate cheese.
4. In frying pan, heat oil over medium heat. Add onions and garlic; sauté for a few minutes.
5. Add broccoli and evenly displace over frying pan.
6. Pour egg mixture over broccoli (do not stir); tilt pan to evenly displace egg if need be. Sprinkle with cheese.
7. Cover (with a cookie sheet) and cook over medium-low heat for 5-10 minutes or until set but still slightly moist on top. Meanwhile, preheat oven on broil (the light will not go out).
8. Place under broiler for 2-3 minutes or lightly brown. In order to keep a close eye on it, leave oven door ajar.
9. Cut frittata into wedges.