

Vegetable Frittata

Difficulty level- easy Price- cheap

2 eggs
1 bunch green onions
Red pepper
1 small bunch broccoli
8 oz swiss cheese

To serve one:

Spray a non stick skillet. Whisk two eggs until well blended and set aside. Chop 1 green onion and sauté until slightly softened. Add ¼ cup red pepper and 1/3 cup blanched broccoli florets. Stir and cook until heated. Pour the eggs over the vegetables and season with salt and pepper. Top with a sprinkling of cheese. Cook over low heat until almost set, then run under the broiler until golden brown. If you don't have an oven, cover with a lid and continue cooking until the eggs are fully set.