



Broccoli, Onion & Cheese Spring  
Frittata Wedges

### Ingredients

- 2 small yellow onion sliced extremely thin
- 2 cloves garlic minced or grated
- 1 1/2 head broccoli chopped
- 4 large eggs with an additional 8 egg whites
- 1/4 cup of milk (I use milk in my frittatas and water in my omelet; it gives omelet's a lighter texture.)
- 6 slices of very thin sliced American cheese
- 1/2 teaspoon salt
- ground pepper to taste
- 2 tablespoon light butter
- cooking spray

### Directions

- 1.) Preheat your oven to 400 Degrees.
- 2.) Over medium-low heats add butter to a non-stick oven safe cooking pan.
- 3.) Once warm, mix in onions; and cook until just starting to brown.
- 4.) Add in broccoli and garlic and continue cooking until all is tender. Sprinkled on salt and Ground pepper.
- 5.) In a mixing bowl whisk together eggs & milk.
- 6.) Pour the egg mixture over the veggies and let cook until the edges start to brown.
- 7.) Place cheese slices on top of frittata and place in oven.
- 8.) Bake for about 15-20 minutes or until center seems set and cheese is fully melted.
- 9.) Once warm, slice into wedges and serve!

### Tips

- \*A pizza cutter is a great way to get uniform pieces and get an even cut
- \*Run a spatula around the edges of the pan and underneath to loosen when serving.