



## Mexican Frittata

Spanish PDF: [Fritada Mexicana.pdf](#)

Serving Size: 1 wedge

Serves: 4

Cost Per Serving: \$3.09 for whole recipe / \$0.77 per person

### Ingredients:

- 2 1/2 small zucchini (about 1/2 pound)
- 1/2 medium green bell pepper\*, seeded and chopped (about 1/2 cup)
- 1 medium onion, chopped (about 1 cup)
- 2 cloves garlic or 2 teaspoons bottled minced garlic
- 1 teaspoon vegetable oil
- 6 large eggs, beaten
- 1/2 cup shredded mozzarella cheese
- 1/4 cup shredded or grated Parmesan cheese
- 1/4 teaspoon black pepper
- Optional: 1 hot pepper, chopped.

*\*If desired, substitute red, yellow, or orange bell pepper.*



### Instructions:

1. Wash zucchini; trim and discard the ends. Cut each zucchini into 4 strips, then cut into 1/4-inch pieces. In a bowl, combine the zucchini, bell pepper, onion, garlic, and hot pepper, if desired.
2. Heat the oil in a skillet over medium heat. Add vegetables and cook, stirring frequently, until the zucchini is crisp-tender, about 4 minutes.
3. While the vegetables cook, stir the eggs, mozzarella, and parmesan together in a bowl.
4. Shake the skillet to distribute the vegetables evenly. Pour egg mixture over vegetables and shake skillet again to help distribute the egg mixture. Put lid on pan and cook 5 to 7 minutes, until the egg on top is solid. Sprinkle with black pepper.
5. To serve, loosen edges of frittata with spatula. Cut into 4 wedges. Serve immediately.

**Menu Idea:** Mexican frittata, salsa, whole wheat toast, milk

### Tips:

- Try substituting red, yellow, or orange bell pepper in this recipe to add color

### Nutrition Facts

Serving Size 0.75 cup (212.09g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 120
% Daily Value*	
<b>Total Fat</b> 13g	20%
Saturated Fat 5g	25%
Trans Fat	
<b>Cholesterol</b> 330mg	110%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 2g	8%
Sugars 4g	
<b>Protein</b> 16g	
Vitamin A 15%	Vitamin C 45%
Calcium 20%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	