

# Using Eggs and Dairy

Enjoy the Bounty from Wayne County!



## Colorful Frittata

(Serves 4)

- 1 cup broccoli florets
- 3/4 cup sliced fresh mushrooms
- 2 green onions, finely chopped
- 2 teaspoons olive oil
- 1 cup cubed fully cooked ham
- 8 eggs
- 1/4 cup 1% milk
- 1/4 cup Dijon mustard
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon garlic salt
- 1 1/2 cups shredded, low fat Cheddar cheese
- 1/2 cup chopped tomatoes

**Experts recommend 3 servings of low fat or fat free dairy products for kids over the age of 2 to help build strong bones. Moooooove to 1% or less!**

In a large skillet, sauté the broccoli, mushrooms and onions in butter until tender. Add ham; heat through. Remove from the heat and keep warm. In a mixing bowl, beat the eggs, milk, mustard, Italian seasoning and garlic salt until foamy. Stir in the cheese, tomatoes and broccoli mixture. Pour into a greased shallow 1-1/2-qt. baking dish. Bake at 375 degrees F for 22-27 minutes or until a knife inserted in the center comes out clean.

(Recipe adapted from [www.allrecipes.com](http://www.allrecipes.com) )

Nutrition information per serving: 260 calories, 14 g. fat, 9 g. carbohydrates, 23 g. protein, 1 g. fiber, 980 mg. sodium)