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Pepper & Onion Frittata

Note: *Frittatas can be served hot or cold, so enjoy it warm for dinner and pack it cold for lunch. Get a grownup's help with this recipe, which requires using the oven/stove and chopping with a knife.*

Prep time: 25 minutes

What you need:

- 3 egg whites
- 3 eggs
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon extra virgin olive oil
- 1 medium pepper, thinly sliced
- 1 small onion, thinly sliced
- 1/3 cup low-fat cheddar cheese, shredded

Equipment and supplies

- Bowl (for mixing)
- Cutting board
- Knife
- 10- to 12-inch nonstick, oven-safe skillet (This means it's OK to put it in the oven. Ask an adult if you're not sure.)

What to do:

1. Set the oven to broil. Careful, this is a hot-hot setting!
2. In a medium bowl, mix together eggs, salt, and pepper.
3. Heat olive oil in the nonstick skillet over medium heat.
4. Add sliced peppers and onions and cook until soft, about 8 minutes.
5. Pour egg mixture over the peppers and onions and stir gently with a rubber spatula. Cook for 2-3 minutes, just until eggs begin to set on the bottom.



Nutrition Facts		
Serving size: 1 wedge (1/6 of frittata)		
Amount Per Serving		
Calories 90	Calories from Fat 50	
	% Daily Value*	
Total Fat 5g		8%
Saturated Fat 1.5g		7%
Cholesterol 105mg		36%
Sodium 290mg		12%
Total Carbohydrate 3g		1%
Dietary Fiber less than 1 gram		3%
Sugars 2g		
Protein 7g		
Vitamin A 25%	•	Vitamin C 60%
Calcium 4%	•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
	Fat 9 • Carbohydrate 4 • Protein 4	

6. Sprinkle with shredded cheese.
7. Place pan into oven and broil for 3-4 minutes. The cheese should bubble and the frittata should be "set." That means it's not as liquid and jiggly as it started out.
8. Remove pan from the oven and allow to cool for a minute before slicing into 6 wedges. Serve.

How much does this recipe make?

- 6 servings

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Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

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