



Mushroom, Tomato, Basil Frittata

Frittatas such as this one are a great addition to your Healthiest Way of Eating any time of day. They not only provide great flavor but health-promoting nutrients such as vitamin K, selenium, and iodine. Enjoy!

Prep and Cook Time: 20 minutes

Ingredients:

½ medium onion, minced
3 medium cloves garlic, pressed
1 TBS + 1 TBS chicken broth
1 cup thinly sliced crimini mushrooms
½ medium tomato, seeds removed, diced
3 large eggs
3 TBS chopped fresh basil
salt and black pepper to taste

Directions:

1. Mince onions and press garlic and **let sit for 5 minutes** to bring out their hidden health benefits.
2. Heat 1 TBS broth in a 10-inch stainless steel skillet. **Healthy Sauté** onion over medium low heat for 3 minutes, stirring frequently.
3. Add garlic and mushrooms and continue to sauté for another 2 minutes.
4. Add 1 TBS broth, tomato, salt, and pepper and cook for another minute. Stir well, and gently scrape pan with a wooden spoon to remove any slight burning.
5. Beat eggs well, and season with salt and pepper. Mix in chopped basil. Pour eggs over vegetables evenly and turn heat to low. Cover and cook for about 5 minutes, or until firm. Cut into wedges and serve. **Serves 2**

Healthy Cooking Tips:

Using a 10-inch pan will keep vegetables from spreading out too much and overcooking.