

Broccoli Frittata with BLT Salad



Makes:

8 - 12 servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
Mega Skillet Limited Edition
large mixing bowl

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Contributed By:

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Recipe Description:

Frittata or egg pie is the perfect simple meal for a large group. Serve this as a light entrée, warm or at room temperature, for brunch or dinner.

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1

large head (4 cups/365g) broccoli, trimmed, chopped, and rinsed thoroughly

2

large onions, peeled and strung, use Cone #2

3

cloves garlic, peeled and chopped

2

dozen

eggs, organic preferred

¹/₄

cup

pecorino Romano cheese or Parmesan, shredded, use Cone #1

(25

g)

¹/₂

teaspoon

salt

(3

g)

¹/₂

teaspoon

fresh ground pepper

(1

g)

¹/₄

teaspoon

nutmeg, ground

(.5

g)

1

cup

fontina cheese, strung, use Cone #2

(108

g)

BLT Salad

1

pound

mixed salad greens, cleaned and cut into bite size pieces

(454

g)

4

ripe tomatoes, cut into small dice

6

pieces organic turkey bacon, nitrate free preferred, cooked until
crispy and chopped

1

lemon, juiced

2

tablespoons

olive oil

(30

mL)

salt and pepper to season

Directions:

1. Place fresh broccoli in sauce pan; cover and place on stove top with temperature set on medium heat. When Vapo-Valve? clicks, reduce heat to low and cook for 5 - 7 minutes or until broccoli is tender crisp. Remove from heat and set aside.
2. String onions directly into Mega Skillet and add garlic. Place skillet on stove, turn heat to medium and sauté onions for 7 minutes or until translucent. Add cooked broccoli and stir to combine.
3. In a bowl combine eggs, pecorino Romano cheese, salt, pepper and nutmeg. Whisk well with wire whisk until fluffy and well combined.
4. Pour egg mixture over vegetable mix in skillet and top with fontina cheese. Reduce heat to low. When eggs start to set on edges, use spatula and lift edges, letting uncooked eggs flow underneath. When eggs are completely set, approximately 10 - 12 minutes, turn off heat and place cover on skillet. Let frittata sit for another 5 minutes.
5. While frittata is cooking place greens, tomatoes and bacon in a bowl. Drizzle lemon juice, olive oil, salt and fresh ground pepper over salad. Toss to combine.
6. Serve slice of frittata topped with BLT salad.

Tips:

- Substitute broccoli for spinach or kale.
- For a vegetarian version substitute turkey bacon for cooked tempeh bacon strips.

Nutritional Information per Serving

Frittata

Calories:

202

Total Fat:

13g

Saturated Fat:

5g

Cholesterol:

436mg

Sodium:

341mg

Total Carbs:

4g

Dietary Fiber:

1g

Sugar:

2g

Protein:

16g

Analysis based on 12 servings

BLT Salad

Calories:

51

Fat:

4g

Saturated Fat:

1g

Cholesterol:

6mg

Sodium:

292mg

Carbohydrate:

3g

Fiber:

1g

Sugar:

1g

Protein:

2g

Analysis based on 12 servings