

Red Pepper & Goat Cheese Frittata

Ingredients:

8 eggs
2 Tbsp finely chopped fresh oregano
½ tsp salt
¼ tsp freshly ground pepper
2 Tbsp extra-virgin olive oil
1 cup sliced red bell pepper
1 bunch scallions, trimmed and sliced
½ cup crumbled goat cheese

Preparation:

1. Position rack in upper third of oven; preheat broiler.
2. Whisk eggs, oregano, salt, and pepper in a medium bowl. Heat oil in a large, ovenproof, nonstick skillet over medium heat. Add bell pepper and scallions and cook, stirring constantly, until the scallions are just wilted, 30 seconds to 1 minute.
3. Pour the egg mixture over the vegetables and cook, lifting the edges of the frittata to allow the uncooked egg to flow underneath. Cook until the bottom is lightly golden, 2 to 3 minutes. Dot the top of the frittata with cheese and transfer the pan to the oven. Broil until puffy and lightly golden on top, 2 to 3 minutes. Let rest for about 3 minutes before serving. Serve hot or cold.

Makes 6 servings

Per Serving:

Calories: 179

Fat: 13 g

Protein: 11 g

Carbohydrates: 4 g

Cholesterol: 286 mg

Sodium: 326 mg

Source: http://www.eatingwell.com/recipes/red_pepper_goat_cheese_frittata.html