

BROCCOLI FRITTATA



SERVING SIZE

4



INGREDIENTS

ITEM

QUANTITY

Eggs	4
Egg Whites	8
Ham, Chopped	½ Lb.
Cooked Broccoli, Chopped	7 Cups
Parsley, Finely Chopped	1 Cup



PREPARATION

- Preheat the oven to 375°F (190°C).
- Lightly grease a baking dish or oven-safe skillet.
- In a large bowl, whisk together the eggs and egg whites until well combined.
- Stir in the chopped ham, cooked broccoli, and finely chopped parsley.
- Pour the mixture into the prepared dish or skillet and spread evenly.
- Bake for 25-30 minutes, or until the center is set and the top is lightly golden.
- Let it cool slightly before slicing. Serve warm.