



Sun-Dried Tomato & Broccoli Green Frittata

Ingredients

- 1 BUNCH BROCCOLI GREENS
- 1/2 ONION
- 1/2 CUP SUN-DRIED TOMATOES
- 10 EGGS
- 1/4 CUP WATER
- 1 1/2 TSP SEA SALT
- 1/2 TSP GROUND BLACK PEPPER
- 2 TBSP OLIVE OIL
- 1 TBSP MINCED GARLIC

Prep Time

- PREP | 15 MINUTES
- COOK | 15-20 MINUTES
- READY IN | 45 MINUTES
- SERVES | 4 PEOPLE

Directions



1

PREHEAT OVEN TO 400°. RINSE BROCCOLI GREENS AND REMOVE STEMS. CHOP GREENS, ONION & SUN-DRED TOMATOES.

2

IN A LARGE MIXING BOWL, WHISK TOGETHER EGGS, WATER, SALT & PEPPER. SET ASIDE.

3

SAUTE ONION IN OLIVE OIL OVER MEDIUM HEAT IN AN OVENPROOF PAN FOR 3-5 MINUTES. ADD GARLIC AND COOK AN ADDITIONAL MINUTE. ADD GREENS AND COOK UNTIL JUST WILTED.

4

SPREAD MIXTURE ACROSS THE BOTTOM OF THE PAN. SPRINKLE SUN-DRIED TOMATOES ON TOP.

5

POUR EGG MIXTURE EVENLY OVER THE PREPARED INGREDIENTS IN THE PAN.

6

PLACE PAN IN THE OVEN AND BAKE FOR 12-15 MINUTES, UNTIL THE FRITTATA IS GOLDEN AND THE EGGS HAVE SET.

7

REMOVE PAN AND LET COOL FOR SEVERAL MINUTES BEFORE SERVING