



Zucchini and Cheese Frittata

A no-fuss, no-muss high-protein entrée that contains lots of hidden veggies! This recipe makes a quick and easy meal that tastes great as leftovers for breakfast, lunch, or dinner. Two shredded zucchinis add only 32 extra calories to the recipe, while delivering an abundance of vitamin C, folate, and fibre to this meal.

Prep: 15 minutes • Total: 55 minutes

Ingredients:

Large eggs	6 each	6 each
Non-hydrogenated margarine, melted	¼ cup	63 mL
Baking powder	1 tsp	5 mL
Flour	¼ cup	63 mL
Shredded cheddar cheese	1 cup	250 mL
1% cottage cheese	~2 cups	1 tub
Zucchini, grated	2 medium	2 medium
Green onions, sliced	3 stalks	3 stalks
Black pepper	pinch	pinch

Directions:

1. Melt margarine in a glass dish in the microwave (i.e. low-medium heat for 30-60 seconds).
2. Grate zucchini.
3. Slice green onions.
4. Grate cheddar cheese.
5. Beat eggs in a medium bowl.
6. Stir in the rest of the ingredients.
7. Spray 9x9" baking pan with oil.
8. Bake at 350°F for 35-40 minutes.

Nutrition Facts

Serving Size (154g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 230mg	10%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 14g	
Vitamin A 15%	• Vitamin C 15%
Calcium 20%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Adapted from: Middlesex London Health Unit

Makes 9 servings (154g / serving) • 1 serving = 1/9 of the frittata pan (~3" x 3")

Prepared By: Jennifer Broxterman, Registered Dietitian & Linnaea Mancini, BScH Foods & Nutrition student
 NutritionRx • Email: info@nutritionrx.ca • Phone: (519) 520-9549 • Website: www.nutritionrx.ca