






# VEGETABLE FRITTATA




**This hearty meal is full of color, flavor, and made all in one pan.** The veggies in this dish are full of potassium to help support healthy blood pressure. This filling recipe might even become your family's favorite weekend breakfast.

## INGREDIENTS

Serves 4 (*1/2 cup each*)

- 1 pound unpeeled potatoes,  sliced (white, yellow, red, or even sweet potatoes!)
- 1 medium zucchini, sliced 
- 3 cloves garlic, minced 
- 1 red bell pepper, diced 
- 1 bunch of fresh spinach  (about 4 cups)
- 6 eggs or 1 1/2 cups of liquid egg substitute
- 1/4 cup skim milk or water
- 2 tablespoons canola oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper

## DIRECTIONS

 Items are DUO-eligible for those who qualify.

1. Heat oil in a 10-12-inch skillet over medium-high heat until hot. Layer potatoes, zucchini, bell pepper, garlic, spinach, salt, and pepper. Reduce heat to low, cover, and cook 10-15 minutes, stirring occasionally, until vegetables are tender.
2. In a medium bowl, lightly beat eggs with milk or water. Pour over vegetables. Cook over low heat, covered, for 10 minutes, or until eggs are set.
3. Allow to rest 10-15 minutes. Then, run a spatula around the edges of the pan to be sure the sides are not stuck to the pan. Place a cutting board over the top of the pan and flip over to cut into wedges and serve.

**Nutrients per serving** (when made with skim milk and whole eggs): 197 calories, 10 g total fat (2 g saturated), 18 g total carbohydrates (3 g dietary fiber), 9 g protein, 189 mg sodium, 646 mg potassium, 76 mg calcium, 48 mg magnesium





**DOUBLE UP™**  
**OKLAHOMA**  
A PROGRAM OF HUNGER FREE OK

The Double Up Oklahoma (DUO) Program provides Supplemental Nutrition

Assistance Program (SNAP) beneficiaries with a \$1 for \$1 match, up to \$20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit [www.doubleupoklahoma.org](http://www.doubleupoklahoma.org) to find a DUO-participating farmers market or grocery store location near you.



This recipe was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

## Looking for more healthy eating resources?

Scan the QR codes below with your phone's camera for free information.



**Learn Safe Knife Skills for Fruits, Vegetables, and Fresh Herbs**



**Explore More Family-Friendly Recipe Ideas**



This organization is an equal opportunity provider. This work is supported by the Gus Schumacher Nutrition Incentive Grant Program from the USDA National Institute of Food and Agriculture.

