



A Taste of Canadian Agriculture

Pizza frittata

3	eggs
1/4 cup (50 mL)	water
1 tbsp (15 mL)	fresh parsley, chopped
1/2 tsp (2 mL)	salt
	pinch each of pepper, dried oregano and dried basil
1 tsp (5 mL)	canola oil
2 tbsp (30 mL)	tomato sauce, pizza sauce or spaghetti sauce
1/4 cup (50 mL)	assorted pizza toppings (e.g., chopped tomatoes, sliced pepperoni, sliced mushrooms, diced green peppers)
1/4 cup (50 mL)	light Mozzarella cheese, grated

Method

Whisk together the eggs, water, parsley, salt, pepper, oregano and basil, and set aside. Heat the oil over medium-high heat in an 8-inch (20-cm) non-stick omelette pan. Pour in the egg mixture and cook over medium heat. As the mixture sets at the edges, gently lift cooked portion with spatula to allow uncooked egg to flow underneath. Cook until the bottom is set and the top is almost set. Turn off heat.

Spread the tomato sauce over the frittata and garnish with pizza toppings. Sprinkle the Mozzarella cheese over toppings. Place the frittata under a preheated broiler for 1 to 2 minutes to melt cheese or cover the skillet with lid and cook for another minute. Loosen the edges and slide the frittata onto a warm plate.

- Makes 2 to 3 servings

NUTRITIONAL INFORMATION PER SERVING

- 194 Calories; 14 g fat; 14 g protein; 3 g carbohydrate

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