

Broccoli and Goat Cheese Frittata

Enjoy this filling frittata for breakfast, lunch or dinner. The combination of eggs, goat cheese and broccoli make this recipe a family favourite.

Serves 4

Ingredients:

8 large eggs
3 tablespoons water
2 teaspoons broth
15 cherry tomatoes, sliced (about 1 cup)
2 cups chopped cooked broccoli
1/4 teaspoon salt
Freshly ground black pepper
1/2 cup goat cheese, crumbled

Directions:

Add the eggs and water and whisk well.

In a medium ovenproof nonstick skillet heat the broth over a medium flame. Add the onion and cook until it begins to soften, about 5 minutes.

Add the broccoli and cook for another 2 minutes. Season with salt and pepper. Pour the egg mixture over the vegetables in the skillet covering them evenly. Reduce the heat to medium-low, cover, and let cook until the egg mixture has set around the edges but is somewhat liquid in the middle, about 8 minutes. Sprinkle with the cheese.

Meanwhile, preheat the broiler. Place the skillet under the broiler about 2 inches from the heat until the surface is set and golden brown, 1 to 2 minutes. Be careful not to overcook or the egg mixture will become tough.

Cut the frittata into 8 wedges and serve.

