

# Pasta Frittata with Peas

Serves 5



## Ingredients:

- 4 ounces spaghetti (whole grain, regular or thin)
- 4 eggs (lightly beaten)
- nutmeg (dash, optional)
- 1/8 teaspoon black pepper
- salt (1/8 teaspoon, optional, can omit salt and pass at the table)
- 2/3 cup cheese (shredded)
- 1 cup peas (frozen, thawed, or 1 cup chopped tomatoes)

## Directions:

1. Preheat oven to 350 degrees F.
2. Cook pasta according to package directions. Drain and place in a 9-inch pie plate that has been sprayed with nonstick cooking spray.
3. Combine eggs, seasonings, cheese and peas. Spread the egg mixture over the top of the spaghetti so the mixture covers the frittata and some of it sinks between the spaghetti strands.
4. Bake for 20 minutes or until a knife inserted near the center comes out clean. Let frittata stand 5 minutes before serving.

## TOMATO VARIATION:

Instead of mixing 1 cup of peas with the egg, seasonings, cheese mixture, sprinkle the chopped tomatoes evenly over the top of the frittata before putting it in the oven.

## Note

Salt omitted from nutrition analysis.

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(100g)</b>
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 190mg	8%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 11g</b>	
Vitamin D 1mcg	6%
Calcium 162mg	10%
Iron 1mg	6%
Potassium 104mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



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