

Healthy Recipe of the Month



MARCH



Lettuce Frittata

ACTIVE TIME:

15 Minutes

TOTAL TIME:

35 Minutes

SERVINGS:

4-6



INGREDIENTS:

- 1 medium onion, chopped
- 1 clove garlic, chopped
- ¼ cup olive oil
- 3-4 cups shredded lettuce
- 8 eggs
- 1 cup grated Parmesan cheese
- Salt and Pepper

DIRECTIONS:

- With the rack in the upper part of the oven, preheat the oven's broiler
- In a 9 Inch non-stick skillet, brown the onion and garlic in 2 tbsp of the olive oil. Let cool in a bowl. In the same skillet, soften the lettuce. Transfer to a plate.

- Whisk the eggs and Parmesan into the onion mixture. Season with salt and pepper. Set aside
- In the same skillet, heat the remaining oil (30 ml / 2 tbsp). Fill with the egg mixture. Cook over medium heat, stirring gently with a spatula for about 30 seconds. Spread the wilted lettuce over the entire surface. Cook for about 5 minutes or until the edges of the frittata begin to brown.
- Transfer to the oven, and finish cooking for about 5 minutes or until the top of the frittata is set and golden brown.
- Serve the frittata hot or warm.

NUTRITIONAL INFORMATION:

FOR 1/6 OF THE RECIPE

- **Calories** : 275
- **Total Fat** : 21 g
- **Saturated Fat** : 6 g
- **Sodium (salt)** : 390 mg
- **Carbohydrates** : 5 g
- **Fibre** : 1 g
- **Protein** : 16 g

<https://www.ricardocuisine.com/en/recipes/6403-lettuce-frittata>