

# Grilled PEPPER & TOMATO FRITATTA

Looking for a quick and easy way to amp up the most important meal of the day? Try this veggie heavy fritatta! It's a guaranteed way to have an egg-cellent day.



Nutrition Facts	
Serving Size (362g) Servings Per Container	
Amount Per Serving	
<b>Calories 250</b>	Calories from Fat 140
% Daily Value*	
<b>Total Fat 16g</b>	<b>25%</b>
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol 200mg</b>	<b>67%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 4g	16%
Sugars 7g	
<b>Protein 11g</b>	
Vitamin A 80%	Vitamin C 480%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**Prep time:** 15 Minutes  
**Cook time:** 10 Minutes  
**Serves:** 2 People

## INGREDIENTS:

- 12 TOMZ Red Cherry Tomatoes or TOMZ Mixed Grape Tomatoes
- 1 Orange Bell Pepper
- 1 Red Bell Pepper
- 4 eggs
- 1/4 cup arugula
- 2 tbsp. crumbed low sodium feta cheese
- 2 tbsp. half & half cream
- 1 tbsp. olive oil
- Salt & pepper to season

## CHEF'S TIP:

Add turkey bacon to give your frittata a boost of protein!

## DIRECTIONS:

- Wash TOMZ Red Cherry Tomatoes & Peppers. Preheat oven to 375 Fahrenheit.
- Halve the TOMZ Cherry Tomatoes toss in a mixing bowl with olive oil and salt & pepper.
- Line baking sheet with parchment paper and roast the TOMZ Cherry Tomatoes for 8-10 minutes in the oven. Let cool.
- Quarter Peppers and grill for 2 minutes skin side down on BBQ or gas stove. Let cool to touch and dice.
- Heat cast iron skillets on stove or in oven for 5 minutes with 1 tbsp. olive oil evenly poured into two skillets.
- Separate the egg mixture into the two skillets, careful to not overfill.
- Top egg mixture with roasted TOMZ cherry tomatoes, grilled Peppers, arugula and crumbed feta.
- Bake in over for 10 minutes.
- Allow frittata to cool and enjoy.



[naturefresh.ca](http://naturefresh.ca)

