

Kristin's Spicy Broccoli Frittata

1. Preheat oven to 350F. Whisk eggs, water and mustard until smooth.
2. Slice green onions into 1/2 in pieces and thinly slice tomatoes.
3. Cut up broccoli into small floret pieces.
4. Thinly cut up spinach.
5. Place oil and red peppers flakes into oven safe skillet, heat over medium heat 1-2 minutes or until peppers flakes just begin to brown. Immediately add broccoli and onions; cook 2-3 minutes or until broccoli and onions begin to soften.
6. Add spinach to skillet. Let wilt, about 1 minute.
7. Pour eggs into skillet; cook and stir 3-4 minutes or until eggs start to set. Top with tomato slices.
8. Bake 12-15 minutes or until center of egg mixture is set. Remove frittata from oven and let stand for 5 minutes.

I love eggs for breakfast; they're quick, nutritious and filling. Although, one criticism that I often hear about lower-calorie/ figure-freindly egg recipes is that they are just a little blah. Well, blah no more. Dijon mustard is the trick. It brings a richness to baked egg dishes allowing you to load up on veggies and skip (or at least cut down) the cheese and sausage. Kristin incorporates dijon mustard into her delicious spicy broccoli frittata. Yum!