

# Vegetable Frittata

## Ingredients:

- 1 small head broccoli, cut into bite-sized pieces
- 1 small zucchini, cut into bite-sized pieces
- 2 small leeks, sliced
- 2 Tbsp. extra-virgin olive oil
- 1 teaspoon dried or 1 Tbsp. fresh basil
- 8 eggs
- ¼ cup water
- ½ teaspoon salt
- ¼ teaspoon pepper

## Directions

1. Preheat broiler.
2. Over medium heat in a large sauté pan sauté broccoli, zucchini and leeks until crisp tender, about 6-7 minutes in oil. Reduce heat to low.
3. Whisk eggs and water in a bowl until well blended. Add salt, pepper and basil.
4. Spread veggies in the pan so they are evenly distributed. Carefully pour egg mixture over veggies. Cover and cook for 2 minutes. Remove cover and broil for 3 to 4 minutes. To test press the center of the frittata lightly with your finger. If it is firm, it is done.