



KIDS FIRST *Healthy Recipe*

Ocean State FRITTATA

1 large **RI-grown potato**,
cut into 1/4-inch round slices
1 tsp butter or vegetable oil

6 medium **RI eggs**, lightly beaten
to taste salt and pepper

1. Preheat oven to 350°.
2. Heat oil or butter to coat bottom of sauté pan. Add potato rounds to pan. Cook for 2 minutes, flip and continue to cook for 1 more minute.
3. Season eggs with salt and pepper, then add to pan on top of potatoes.
4. Cook on stove top for 5 minutes, then gently lift the set edges of the frittata to let raw egg run underneath. Transfer to hot oven.
5. Bake for 15 minutes or until eggs are set. Remove from oven and cool in pan for 5 minutes before turning over onto plate.
6. Sprinkle with chopped fresh tomatoes or fresh herbs, if desired.

Serving Suggestions: Add in cooked RI-grown spinach, mushrooms, asparagus and/or other greens before placing in oven, OR serve atop a green salad.

Nutritional Information

Per serving (4 servings in recipe):

Calories:	120	Vitamin A:	8%
Cal from Fat:	70	Vitamin C:	15%
Total Fat:	8 g	Calcium:	4%
Saturated Fat:	2.5 g	Iron:	10%
Cholesterol:	280 mg		
Sodium:	230 mg		
Carbohydrates:	4 g		
Fiber:	1 g		
Sugar:	1 g		
Protein:	10 g		

Percent Daily Values are based on a
2000 calorie-per-day diet



KIDS FIRST™

www.kidsfirstri.org



Find us on
Facebook

SEARCH: Kids First RI



**FARM^{to}
SCHOOL**

For more information and healthy recipes,
please visit us at

www.kidsfirstri.org

**REMEMBER: Use RI-grown
produce whenever possible!**