



Mushroom Veggie Frittata

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 15 minutes

Cooking Time: 30 to 40 minutes

Serves: 6-8

- 3 tablespoons olive oil
- 1/2 pound white button mushrooms, sliced
- 1/2 pound crimini mushrooms, quartered
- 1 large onion, sliced
- 1 clove garlic, chopped
- 1 cup diced tomato
- 1/2 cup chopped black olives
- 8 eggs
- 1/4 cup milk
- 3 tablespoons all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Preheat oven to 350° F.

Heat olive oil in large non-stick skillet over medium-high heat. Add a single layer of mushrooms and onions and cook, without stirring, for about five minutes or until mushrooms become red-brown on one side. Turn ingredients and cook about four minutes more, then add garlic and continue cooking for one minute. Stir in tomatoes and olives.

Break eggs into a large mixing bowl and whisk to break the yolks. Add milk, flour, baking powder, salt and pepper and whisk to thoroughly combine. Batter will be slightly lumpy. Pour into skillet over vegetable mixture and stir until eggs and vegetables are combined. Continue cooking until the edges begin to set, about two to three minutes. Transfer to oven and bake until golden brown, about 30 to 40 minutes. Slide onto serving platter, face up, and serve.



Nutrition Facts	
Serving Size (232g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 285mg	95%
Sodium 680mg	28%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 11g	
Vitamin A 15%	Vitamin C 10%
Calcium 8%	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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Each serving provides: 220 calories, 14g fat (22% Daily Value), 3g saturated fat (16% Daily Value), 287mg cholesterol (96% Daily Value), 676mg sodium (28% Daily Value), 1g dietary fiber (6% Daily Value), 11g protein, 19% Daily Value for selenium, 15% Daily Value for vitamin A, 13% Daily Value for potassium, 10% Daily Value for iron, 10% Daily Value for vitamin C, 8% Daily Value for calcium, 1% Daily Value for vitamin D