

Pasta Frittata With Peas

May 2023 Recipe

Makes: 5 servings



Ingredients

4 ounces spaghetti (whole grain, regular or thin)
4 eggs (lightly beaten)
A dash of nutmeg (optional)
 $\frac{1}{8}$ tsp. black pepper
 $\frac{1}{8}$ tsp. salt (optional)
 $\frac{3}{4}$ cup shredded cheese (e.g., mozzarella, Monterrey Jack or cheddar)
1 cup peas

Nutritional information for 1 serving

Calories	222
Total fat	9 g
Saturated fat	5 g
Cholesterol	165 mg
Sodium	249 mg
Carbohydrate	22 g
Dietary fiber	5 g
Total sugars	2 g
Added sugars included	0 g
Protein	14 g

Directions

1. Preheat oven to 350 F.
2. Cook the pasta according to the package directions. Drain and place in a 9-inch pie plate sprayed with nonstick cooking spray.
3. Combine the eggs, seasonings, cheese and peas. Spread the egg mixture over the top of the spaghetti so that the mixture covers the frittata and some of it sinks between the spaghetti strands.
4. Bake for 20 minutes or until a knife inserted near the center comes out clean. Let the frittata stand for five minutes before serving.