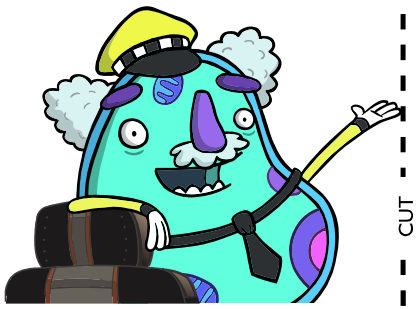
SHOPPING LIST

Very Veggie Frittata

- ◯ Eggs
- ◯ Kosher Salt
- ◯ Black Pepper
- ◯ Scallions
- ◯ Broccoli
- ◯ Cheddar Cheese
- ◯ Potatoes
- ◯ Fresh Basil
- ◯ Olive Oil

First, check off the items you already have at home.



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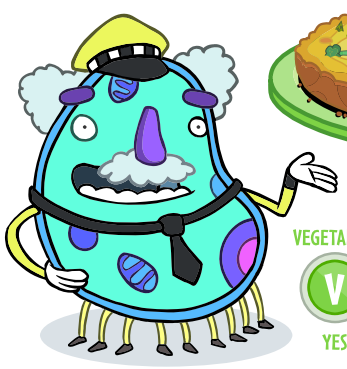
Sully The Cell presents

BREAKFAST

PBS KIDS GO!℠

FIZZY'S LUNCH LAB

Very Veggie Frittata



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	6
YES	Under 1 hour	Hard	

YOU WILL NEED

- **8** large eggs
- **1 teaspoon** kosher salt
- **½ teaspoon** black pepper
- **4** scallions, finely chopped
- **2 ½ cups** finely chopped broccoli
- **½ cup** shredded cheddar cheese
- **½ cup** cubed cooked potatoes
- **¼ cup** chopped fresh basil
- **2 teaspoons** olive oil

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: With the rack in the middle position, preheat the oven to 350 degrees. Whisk the eggs, salt, and pepper together in a medium bowl. Stir in the vegetables and basil.

STEP 2: Heat a 12-inch oven-proof nonstick skillet over medium heat; once hot, add the oil. Add the egg mixture and cook, without stirring, for 1 minute.

STEP 3: Transfer to the oven and bake until the eggs are set and the top is golden, 15- 20 minutes. Turn the frittata out onto a serving plate, cut into wedges, and serve.

pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size 1 slice (133g)
Servings Per Container 6

Amount Per Serving	
Calories 170	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 295mg	98%
Sodium 480mg	20%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 12g	

Vitamin A 30% • Vitamin C 50%
Calcium 10% • Iron 8%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4