

## **Frittata with Broccoli**

### **Ingredients**

2 garlic cloves sliced  
2 tbsp. extra virgin olive oil  
1 head of broccoli cut into florets  
¼ tsp. crushed red pepper  
2 tbsp. water  
8 large eggs  
½ tsp. white pepper  
½ cup grated Parmesan cheese  
Salt and pepper

### **Preparation**

Preheat the oven to 350°. Use a 10" oven proof skillet and warm 1 tbsp. olive oil until shimmers, add garlic and cook for 1 minute. Add broccoli florets and red pepper cook a minute more. Add water, season with salt and pepper and cover skillet. Cook over medium heat until broccoli is tender, but still crisp about 2-3 minutes. Remove from heat and let cool.

In bowl whisk eggs with ½ tsp. each of salt, black and white pepper. Whisk eggs well, add broccoli and stir to combine.

Heat 1 tbsp. of olive oil in skillet and add egg mixture cook over medium heat until eggs set around the edges. Sprinkle with cheese and place in oven and bake until center of eggs is set, about 12-14 minutes.

Let frittata sit for 5 minutes, serve warm in wedges.