

# Green pepper frittata

*Makes 6 servings*

- 6 large eggs
- 1 tablespoon mustard
- 1/2 cup 0% Greek yogurt (or low-fat cottage cheese)

In a mixing bowl, whisk the eggs and mustard until completely mixed then whisk in Greek yogurt. Set the egg mixture aside while the vegetables cook.

- 1 tablespoon olive oil
- 1 green bell pepper, mostly diced, some in lengths
- 2 green onions, diced
- 1 large clove garlic, sliced thin
- 1/2 cup grated cheese (of your choice)

Turn on the broiler, place a rack right below the broiler.

Heat a non-stick or well-seasoned skillet on medium high, add oil and let heat until shimmery. Stir in the diced green pepper and green onion. Once the pepper is starting to soften, add the green pepper lengths, garlic, salt and pepper, cook for 1 minute.

Reduce the heat to medium low. Gently pour the Egg Mixture over the vegetables, then sprinkle the cheese on top. Without stirring, let the frittata cook for 3 minutes, the edges will just be starting to round off and set a bit, a few lava-like bubbles are fine but do keep the temperature low.

Carefully move the skillet under the broiler and broil for 5 minutes or until the outer areas are set but the center is still a little bit jiggly. Remove from broiler and let rest (and continue to cook and to firm up) for 5 minutes. Cut the frittata into wedges and serve.

*The wedges refrigerate well for two or three days, they're even quite good cold!*