

English Muffin Frittata

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Servings: 8

10 large eggs
1/2 cup half-and-half
2 teaspoons Grey Poupon Dijon mustard
1 teaspoon lemon-pepper seasoning
1/2 teaspoon Kosher salt
1 cup shredded mozzarella cheese
1 cup asparagus tips, coarsely chopped
1 cup sugar-snap peas, trimmed and chopped
2 tablespoons olive oil
1 cup fresh mini sweet pepper rings
1 cup grape tomatoes
3 English muffins, split
1/4 cup fresh basil leaves, coarsely chopped

Preparation Time: 10 minutes

Preheat the oven to 375 degrees.

In a bowl, whisk together the eggs, half-and-half, mustard, seasoning, salt and cheese. Set aside. Chop the asparagus and peas.

Preheat a large, oven-safe saute' pan on medium, 2 to 3 minutes. Place the oil, asparagus, peas and pepper rings into the pan. Cook for 2 minutes, stirring occasionally. Stir in the tomatoes. Cook 1 to 2 minutes more, or until the tomatoes begin to burst. Remove the vegetables from the pan.

Split the muffins. Arrange the muffins in the pan. Top with the vegetable mixture. Slowly pour the egg mixture evenly over the top.

Bake for 18 to 20 minutes until the eggs are set. Let stand for 10 minutes to cool.

Chop the basil. Cut the frittata into wedges. Top with the fresh basil.

Serve.

Per Serving (excluding unknown items): 222 Calories; 13g Fat (55.4% calories from fat); 13g Protein; 11g Carbohydrate; 1g Dietary Fiber; 278mg Cholesterol; 363mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.