**Quick Healthy Meal**

**Vegetable Frittata**

**Grapefruit Half**

**Whole Wheat Toast**

**Milk**

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**30 minutes before serving:**
- Wash hands; preheat oven to 350°
- Wash and prepare vegetables (if using fresh vegetables grate carrot, chop onion; dice potato into 1/2 inch cubes and slice celery)
- Wash grapefruit, cut in halves or section.

**20 minutes before serving:**
- Put oil in skillet; add vegetables and cook until tender; when done remove from pan
- Crack eggs and put into bowl with salt and pepper; beat with a fork to mix; pour into skillet and cook until set on bottom.

**10 minutes before serving:**
- Put vegetables and cheese on top of eggs in skillet; put it into oven to bake for 8 minutes
- Set the table.

**5 minutes before serving:**
- Put out milk
- Make toast.

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**Vegetable Frittata**

**Serves 4**

- 1 Tbs. oil
- 2 cups vegetables (fresh, frozen, leftovers, canned)
- 6 eggs
- dash of salt and small amount of pepper
- 1/3 cup reduced fat cheese

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- Preheat oven to 350°
- Put oil in an oven-safe skillet; add drained vegetables and cook on top of the stove until tender; remove to a plate or bowl
- Beat eggs, salt and pepper in a bowl
- Pour egg mixture into skillet (same one used for vegetables) and tilt pan to cover the bottom
- When eggs are firm on the bottom, place vegetables evenly over the eggs; top with cheese
- Place skillet in oven for about 8 minutes until eggs are set (no longer runny) and cheese melts.