



NUTRITION CONSULTING INC.

## Red Pepper & Italian Sausage Frittata

By Andrea Holwegner BSc, RD

Makes 6 Servings

*Try this for supper with whole grain toast and a mixed green salad. Reheat the leftovers for lunch the next day for a tasty lunch.*

### What You Need:

400 g Italian Sausage (your choice of chicken, turkey, pork or vegetarian soy sausage)  
1/2 cup onion, chopped into small pieces  
3 cloves garlic, minced  
1 red pepper, diced into small pieces  
8 large eggs  
1/4 cup skim milk  
1/4 tsp. dried thyme  
3 tbsp. fresh parsley, finely chopped  
Salt and fresh ground pepper to taste



### How You Prepare:

1. In a non-stick skillet that has a handle that is ovenproof, cook sausage until completely cooked. Remove from skillet and cut into small bite-sized pieces.
2. In the same skillet, cook onion, garlic, and red pepper until soft. Add cooked sausage. In a large bowl beat eggs, milk, thyme and parsley. Add this egg mixture to the skillet and cook over medium heat until egg mixture begins to set. Lift edges to allow uncooked egg to flow underneath. Cook until top is almost set.
3. Preheat your oven to broil and broil the skillet for 1-2 minutes or until top is set.
4. Cut into wedges and top with salt and pepper to taste or alternatively serve with salsa.

### Nutrition Information Per Serving: (analysis done with Italian turkey sausage)

Calories 219  
Carbohydrates 7.2 g  
Protein 19.3 g  
Fat 12.6 g  
Dietary Fiber 1.3 g

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*Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition*

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