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## Zesty Eggplant Frittata

### Doug and Sherry Pauls

Highplain Farms, Niverville, Alberta  
2nd Generation Egg Farmers

Doug and Sherry know frittatas are a versatile dish for any meal. In this favourite version, the egg base is topped with seasoned roasted vegetables. The Pauls family likes to use vegetables from their garden.

### Makes 6 servings

Prep: 20 minutes

Bake: 35 minutes

Oven Temp: 425°F (220°C)

### What You Need:

1	medium eggplant, cubed	1
2 cups	cherry or grape tomatoes (1 pint), halved	500 mL
1/2 cup	pitted olives, halved	125 mL
1	small onion, coarsely chopped	1
2	cloves garlic, sliced	2
3 tbsp	olive oil	45 mL
2 tsp	red wine vinegar	10 mL
1/2 tsp	dried oregano	2 mL
1/2 tsp	hot pepper flakes	2 mL
1/8 tsp	pepper	0.5 mL
8	eggs	8
1/3 cup	chopped fresh parsley	75 mL
1/4 cup	water	



### How You Prepare:

Combine eggplant, cherry tomatoes, olives, onion, garlic, oil, vinegar, oregano and hot pepper flakes in large bowl; toss gently to combine. Spoon mixture onto large baking sheet; spread evenly.

Roast in preheated 425°F (220°C) oven, stirring halfway through cooking time, until vegetables are tender and lightly browned, 25 to 30 minutes. Remove from oven. Leave oven on.

Whisk eggs, parsley and water. Lightly spray 10 or 12-inch (25 or 30 cm) non-stick ovenproof skillet with cooking spray. Heat skillet over medium heat. Pour egg mixture into skillet. As eggs set around edge of skillet, with spatula, gently lift cooked portions to allow uncooked egg to flow underneath.

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Cook until bottom is set and surface is still somewhat liquid, 6 or 7 minutes.

Remove skillet from heat; spoon eggplant and tomato mixture over top of frittata. Return to oven and bake until egg mixture is set, about 10 minutes.

## TIPS

Hot pepper flakes are also known as chili flakes or crushed red pepper.

If necessary, ovenproof the skillet's handle by wrapping it in a double thickness of aluminum foil.

## Per Serving:

Calories 206  
Fat 16 g  
Saturated Fat 3.5 g  
Trans Fat 0 g  
Sodium 177 mg  
Carbohydrate 10 g  
Fibre 4 g  
Sugars 3 g  
Protein 10 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 counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com). Twitter @chocoholicRD.*

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