

LOADED-VEGGIE GOAT CHEESE FITTATA

INGREDIENTS

- 7 large eggs
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 4 teaspoons olive oil
- 1 (8-ounce) package cremini mushrooms, sliced
- 4 ounces multicolored mini bell peppers, cut into 1/4-inch thick rings
- 4 ounces small broccoli florets
- 1-1/2 ounces goat cheese, crumbled

OPTIONAL FOR TOPPING

- 1 medium avocado
- 1/4 cup refrigerated pico de gallo

DIRECTIONS

1. Preheat oven to 400°F.
2. Combine eggs, salt, and black pepper in a medium bowl, stirring with a whisk.
3. Heat oil in a 10-inch oven-proof nonstick skillet over medium-high. Add mushrooms; sauté 6 minutes.
4. Add bell peppers and broccoli; cook 5 minutes or until tender.
5. Remove pan from heat; pour egg mixture over vegetable mixture in pan. Sprinkle with goat cheese.
6. Bake at 400°F for 8 to 10 minutes or until egg is set. Top evenly with avocado and pico de gallo.

Nutrition Information:

Calories 282 • Fat 21g • Satfat 6g • Unsattfat 13g • Protein 17g • Carbohydrate 10g • Fiber 4g • Sugars 4g • Added sugars 0g • Sodium 588mg • Calcium 9% DV • Potassium 18% DV



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