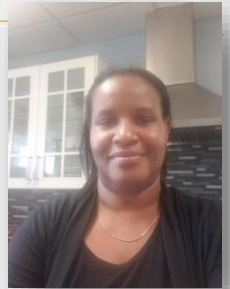




# Consuela's Cooking Corner

## Broccoli and Cheese Frittata



### Ingredients

- 3 eggs
- 3 tbsp. milk
- 1/2 tsp. salt
- dash red pepper
- 2 tbsp. butter
- 1 (10 oz.) pkg. frozen chopped broccoli, defrosted
- 1 small onion, finely chopped
- 1 small clove garlic, chopped
- 2 cup shredded Swiss or Cheddar cheese

### Directions

1. Combine eggs with salt and pepper; beat well and set aside.
2. Melt butter in 10 inch skillet.
3. Add broccoli, onion, garlic and saute until tender.
4. Remove from heat, stir in egg mixture.
5. Sprinkle with cheese.
6. Cover and cook over low heat, about 10 minutes or until egg is set and cheese is melted.
7. Cut into wedges and serve immediately.