

Spaghetti, Artichoke and Zucchini Frittata



breakfast

POINTS® Value: 4
Servings: 6
Preparation Time: 20 min
Cooking Time: 21 min
Level of Difficulty: Moderate

Frittatas are a wonderful way to use up small bits of leftovers. Cooked grains, roasted vegetables and shrimp — even a few beans — make great frittata ingredients.

Ingredients

- 5 large egg(s)
- 1/2 tsp table salt
- 1/4 tsp black pepper
- 1 3/4 cup(s) cooked whole-wheat spaghetti, made fresh or leftover
- 14 oz canned artichoke hearts, without oil, drained, cut into wedges
- 3/4 cup(s) shredded fat-free mozzarella cheese
- 1/3 cup(s) parsley, fresh, chopped
- 1 tbsp olive oil, divided
- 1 medium onion(s), chopped
- 1 medium zucchini, shredded
- 2 tsp minced garlic
- 14 1/2 oz canned tomato sauce, Italian-style

Instructions

- Place oven rack in top position in oven. Preheat oven to 375°F.
- In a medium bowl, beat together eggs, salt and pepper. Stir in spaghetti, artichoke hearts, cheese and parsley; set aside.
- Heat 1 teaspoon of oil in a large nonstick skillet with an ovenproof handle over medium-high heat. Add onion and sauté until lightly browned, about 3 minutes. Add zucchini and sauté until vegetables are tender, about 3 minutes more. Stir in garlic; cook 30 seconds until fragrant. Spoon vegetable mixture into bowl with egg mixture; carefully wipe skillet clean with a paper towel.
- Heat remaining 2 teaspoons of oil in skillet; swirl to coat pan. Add egg-vegetable mixture; cover and cook over low heat, without stirring, until bottom is lightly browned, about 3 to 5 minutes.
- Transfer skillet to oven and bake until frittata is completely set in center, about 5 minutes.
- Meanwhile, heat sauce in microwave or in a small saucepan over low heat.
- Loosen edges of frittata with a spatula and then invert frittata onto a serving platter. Cut into 6 wedges; serve drizzled with warmed sauce. Yields 1 slice of frittata and about 1/4 cup of sauce per serving.