

FIT Vegetable Mozzarella Frittata Stuffed Pepper Frittata

Portion Size: 1 each

Yield: 12 servings



Ingredients:

Canola Oil	½ tsp	Bell Peppers	12 each
Bell Peppers, chopped	3 oz	Cooking Spray	as needed
Tomatoes, diced	3 oz	Eggs, whisked	3-3/4 cup
Onion, diced	3 oz	Whole Milk	¾ cup
Spinach, chopped	5 oz	Salt	¾ tsp
Park-Skim Mozzarella, shredded	4 oz	Black Pepper, ground	½ tsp

1. Heat oil in a sauté pan. Cook peppers, tomatoes, onion, and spinach until softened. Use a strainer to push all liquid out of vegetables.
2. Prepare standard 12-each muffin pan with pan spray.
3. Cut top third off of bell peppers. Scrape seeds from pepper. Chef's Note: Bell pepper "cup" should be at least 3" deep. If peppers are small, less may need to be cut off. Top part of bell pepper can be used for another application or for diced bell pepper in frittata filling.
4. Mix cooked vegetables with shredded mozzarella. Place bell peppers inside muffin tin cups so they stay upright.
5. Evenly distribute vegetable/mozzarella mixture among bell peppers.
6. In a bowl, mix together eggs, milk, salt, and pepper. Pour egg mixture into bell peppers. Egg mixture should almost fill peppers.
7. Bake at 325°F for about 20 minutes or until cooked through.

Nutrition Info (per serving): Cal: 180, Total Fat: 10g, Sat Fat: 3.5g, Sodium: 310mg, Carbs: 7g, Protein: 13g, Sugar: 4g, Fiber: 2g

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Roasted Pumpkin, Arugula, Goat Cheese, Spiced Pumpkin Seed Salad

Portion Size: 1/2 cup

Yield: 12 servings



Ingredients:

Pumpkin, fresh, cubed	1 pound
Canola Oil	2 tsp
Light Brown Sugar	1/4 oz
Honey	1/4 oz
Spiced Pumpkin Seeds	1-1/2 oz
Apple Cider Vinegar	3 tsp
Olive Oil	1 tbsp
Dijon Mustard	1 tsp
Honey	1 tsp
Salt	1/4 tsp
Black Pepper, ground	pinch
Arugula	5 oz
Goat Cheese, crumbled	2 oz

1. Prepare spiced pumpkin seeds according to recipe (see below).
2. Mix oil, sugar and honey together and toss with diced pumpkin. Roast in 350°F oven until pumpkin is cooked through and lightly caramelized.
3. In a bowl, whisk together vinegar, olive oil, mustard, honey, salt and pepper until dressing is emulsified.
4. In a bowl, toss together roasted pumpkin, dressing, arugula, goat cheese and spiced pumpkin seeds.

Nutrition Info (per serving): Cal: 70, Total Fat: 5g, Sat Fat: 1g, Sodium: 85mg, Carbs: 4g, Protein: 2.5g, Sugar: 2.5g, Fiber: 0.5g

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Spiced Pumpkin Seeds

Portion Size: 2 tbsp

Yield: 20 servings



Ingredients:

Pumpkin Seeds, hulled	10 oz
Canola Oil	2 tbsp
Light Brown Sugar	2 tsp
Cumin, ground	1 tsp
Chili Powder	1 tsp
Cayenne Pepper	1/2 tsp
Salt	1/2 tsp
Cinnamon, ground	1/2 tsp

1. Toast pumpkin seeds in a pan over medium-heat until golden brown and fragrant.
2. Toss hot pumpkin seeds with remaining ingredients.
3. Lay spiced pumpkin seeds out on a sheet tray and allow them to cool.
4. Store room temperature

Nutrition Info (per serving): Cal: 100, Total Fat: 8g, Sat Fat: 1g, Sodium: 50mg, Carbs: 3g, Protein: 4g, Sugar: <1g, Fiber: 1g

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