

# Vegetable, Mozzarella, Frittata Stuffed Pepper **FIT**

Portion Size: 1 each      Yield: 6 servings



Canola Oil	¼ tsp	Egg	7 each
Red Bell Pepper, diced	1 ½ oz	Kosher Salt	½ tsp
Tomatoes, chopped	1 ½ oz	Whole Milk	1/3 cup
Onions, chopped	1 ½ oz	Black Pepper	¼ tsp
Spinach, chopped	2 ½ oz		
Part Skim Mozzarella Cheese, shredded	2 oz		
Oil Spray	as needed		
Red Bell Pepper	6 each		

1. Heat oil in sauté pan. Cook peppers, tomatoes, onion, and spinach until softened. Use a strainer to push all liquid out of vegetables. Mix cooked vegetables with shredded mozzarella.
2. Prepare a standard muffin pan with pan spray. Cut top third off of bell peppers. **\*\*Note:** Remaining bell pepper "cup" should be at least 3 inches deep. For small peppers, less may need to be cut off. Tops of bell peppers can be used for another application or for diced bell pepper in frittata filling.
3. Scrape seeds from pepper. Place bell peppers inside muffin tins so they stay upright. Evenly distribute vegetable mozzarella mixture among bell pepper "cups".
4. In a bowl, whisk together eggs, salt, milk, and pepper. Pour egg mixture into bell peppers. Egg mixture should almost fill peppers. Bake at 325°F until cooked through, approximately 30-40 minutes.

Nutrition Info: Cal: 180, Total Fat: 10g, Sat Fat: 4g, Sodium: 300mg, Carbs: 7g, Protein: 13g, Sugar: 4g, Fiber: 2g

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# Peach, Plum, Apricot Oatmeal **FIT**

Portion Size: 8 fl oz      Yield: 6 servings



Water	1 quart
Quick Oatmeal, dry	2 cups
Peaches, diced	1 ¾ oz
Plums, diced	1 ¾ oz
Apricots, diced	1 ¾ oz

1. Boil water. Stir in oats. Cook about 5 minutes over medium heat, stirring occasionally.
2. Once oatmeal is cooked, stir in diced peaches, plums, and apricots.

RD Note: Leave the skins on for extra filling fiber!

Nutrition Info: Cal: 120, Total Fat: 2g, Sat Fat: 0g, Sodium: 10mg, Carbs: 22g, Protein: 4g, Sugar: 3g, Fiber: 3g

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