

Saucy Pasta and Veggie Frittata

4 servings

- Cooking spray
- 1 package (16 oz.) frozen pasta and vegetables in sauce
- Water
- 4 eggs
- 1/4 cup skim or low-fat milk

Evenly coat 10-inch omelet pan or skillet with spray. Add pasta and vegetables in sauce along with water called for on package. Over medium heat, bring to boiling. Cover and reduce heat to low. Cook, stirring occasionally, until pasta is tender, about 5 minutes. In medium bowl, beat together eggs and milk until blended. Pour over pasta/vegetable mixture. Cover. Cook over medium heat until eggs are almost set, about 5 to 6 minutes. Remove from heat. Let stand, covered, until eggs are completely set in center and no visible liquid egg remains, about 2 to 3 minutes. Cut into wedges and serve from pan or slide from pan onto serving platter.

Nutrition information per serving of 1/4 recipe using pasta and vegetables in Cheddar cheese sauce, without optional ingredients suggested in caption: 233 calories, 10 gm total fat, 222 mg cholesterol, 453 mg sodium, 86 mg potassium, 23 gm carbohydrate, 12 gm protein and 10% or more of the RDI for vitamins A and C, riboflavin, calcium, phosphorus