



*Healthy Food, Healthy Families*  
**EFNEP**  
 EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

### Green Beans and Meat Frittata

*Meal suggestion: Serve this baked main dish with fruit and toast. You might even top it with leftover cranberry sauce.*

- 1 cup cooked green beans, drained
- 1/2 cup cooked lean turkey or ham, chopped or cut into strips
- 1/4 cup finely chopped onion
- Several dashes of ground black pepper
- 2 large eggs
- 1/2 cup (2 ounces) of your favorite shredded cheese



1. Preheat oven to 350 degrees F. Spray a 9-inch round baking dish with nonstick cooking spray.
2. Add cooked green beans, cooked meat, and chopped onion evenly over the bottom of the dish. Sprinkle with black pepper.
3. In a bowl, lightly beat eggs together using a fork. Pour eggs evenly over meat mixture to cover.
4. Sprinkle cheese over the mixture.
5. Bake until a food thermometer reads 160 degrees F. and the center is firm, about 20 to 25 minutes.
6. Let cool slightly. Cut into 4 wedges. Serve warm or cold.
7. Cover and refrigerate leftovers within 2 hours.

Nutrition Facts	
Serving Size (98g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>13%</b>
Saturated Fat 4g	<b>21%</b>
<b>Cholesterol</b> 135mg	<b>45%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 1g	
<b>Protein</b> 12g	
Vitamin A 10%	Vitamin C 6%
Calcium 15%	Iron 6%



K-State Research and Extension is an equal opportunity provider and employer.

For more information contact Wildcat Extension Offices:

- |                     |                     |
|---------------------|---------------------|
| <b>Pittsburg</b>    | <b>620-232-1930</b> |
| <b>Girard</b>       | <b>620-724-8233</b> |
| <b>Altamont</b>     | <b>620-784-5337</b> |
| <b>Independence</b> | <b>620-331-2690</b> |