

This is a great breakfast brunch. You can also add some of your other favorite vegetables!

### Frittata Di Broccoli - Broccoli Omelette

- 1 small bunch broccoli
- 4 eggs
- 4 tbs. olive oil
- 1 clove garlic, chopped
- 3 tbs. Parmesan cheese
- Salt and pepper to taste

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Let broccoli stand in cold water 15 to 20 minutes. When crisp, peel; split stalks. Place in rapidly boiling salted water; cook about 15 minutes or until tender. Drain; cut crosswise in 1 inch pieces.

Beat eggs thoroughly in a large bowl; add salt, pepper, garlic, cheese, and broccoli; mix well.

Heat oil in large skillet; pour in mixture. Cook over low flame for about 5 minutes or until omelets is fluffy and brown on under side. Turn carefully by using spatula. If necessary, place more oil in skillet. Brown on other side.

Serve immediately. Serves 4 to 6.



Eggs are perishable. When shopping, pick up eggs last. Ask the cashier to pack them with frozen items to keep them cold longer. Get them home and into a refrigerator immediately.

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