



ONE PAN MEALS

NUTRITION 101

One Pan Meals

Quiche and frittatas are actually quite easy to make and so versatile, they can be served weekly using a combination of vegetables, proteins, and cheeses remaining from the week's meal prep. What is the difference between the two dishes? It's the pastry crust! A quiche is made using a pastry crust either homemade or a premade pie crust while the frittata is crust-less. How do they size up nutritionally? With a hearty blend of vegetables, meats or seafood, and assorted cheeses, both are power packed with protein and a variety of vitamins and minerals. Each slice of quiche or a frittata provides approximately 15 gms of protein, the equivalent of 2 eggs or 2 oz of chicken.

Where to start when making either dish? Your refrigerator! Search out those unused portions of fresh or frozen vegetables. The roasted vegetable from the night prior is perfect! Vegetables are a key ingredient not only for flavor, color, and texture but also their nutritional contribution. Vegetables are nutrient dense: while low in calories, they are rich in vitamins, minerals, and fiber. Variety and color maximize the range of antioxidants, vitamins, and minerals provided. Antioxidants are known substances that may protect your cells from free radical damage which may play a role in heart disease, cancer, and other diseases.

Next, seek out leftover proteins: grilled chicken breast, crumbled bacon, baked salmon, or sliced ham. Don't forget the vegetarian alternatives such as beans! A layer of black beans enhanced with flavors of chili powder and cumin can turn the dish into an international delight! Of course, our protein options provide protein but also magnesium, manganese, thiamine (vitamin B1), and several other nutrients. Vitamin B12 is an essential nutrient that's almost exclusively found in animal-sourced foods, such as fish, meat, dairy products, and eggs.

The choice of cheese is really up to you and what you have on hand. Basics such as cheddar and mozzarella add a smooth flavor while stronger varieties like feta and blue cheese add a little more pizzazz. The final ingredient is the backbone of both dishes – eggs. As the star ingredient, eggs are a fantastic source of protein, 7 gms per egg, while also rich in selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper. To reduce overall calories and fat, 2 egg whites can be substituted for 1 whole egg.

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Other areas to be mindful of in terms of total calories is use of milk vs heavy cream. One cup of heavy cream has 470 calories as compared to lighter options of skim milk (83 calories/cup) or 2% milk (103 calories/cup). Back to the question of using a crust or going crust-less: 1/8th serving of the crust is about 120 calorie which does not seem high until you consider, it's 50% fat with no fiber. A better for you option may be to simply add a whole grain roll or piece of toast to compliment to the frittata.

Preparation of a quiche and frittata are both fairly easy and quick:

- **Quiche:** Line a deep pie dish with your favorite pastry. If a flaky crust is preferred, blind-bake the crust. To do so, line the interior of the pie crust with parchment and fill with dried beans for weight thus reducing bubbles and keeping the overall shape. Once the pastry is baked, layer in cooked seafood or meat followed by cheese, and topped with sautéed vegetables. Sliced tomatoes and spinach can be used raw. Finally add creamed eggs and milk. Sprinkle top with a light dusting of nutmeg. For best results, use a measuring cup to obtain final ratio of eggs to milk: 4 eggs with milk or heavy cream added to final volume of 2 cups. Bake at 350 degrees for 45-50 minutes.
- **Frittata:** Using a heavy cast-iron skillet, sauté your choice of vegetables. Add prepared meat or seafood followed by creamed eggs and milk or heavy cream. For a perfect frittata every time, follow this ratio: for every six eggs, use 1/4 cup milk/heavy cream, 1 cup cheese, and 2 cups total of vegetables and/or meat. Continue cooking the mixture over medium heat until the eggs start to set at the edge of the skillet. Next, bake the frittata at 400 degrees for 8-10 minutes.

Mix & Match Combinations:

Vegetables, 1 cup, select 1-3 options	Protein, 1 cup, select 1-2 options	Cheese, 1 cup
Onions or shallots, chopped, sautéed	Bacon, cooked & crumbled	Mozzarella, shredded or fresh
Red Pepper or Roasted Red Peppers, chopped	Sausage, cooked & crumbled	Cheddar
Broccoli, chopped, steamed	Ham or Salami, chopped	Provolone
Cauliflower, chopped / riced	Chicken, grilled or baked, chopped	Gouda
Spaghetti Squash, roasted	Crab Meat	Swiss
Asparagus, chopped, roasted	Salmon, grilled or baked chopped	Fontina
Spinach, chopped, fresh	Turkey, roasted, chopped	Feta
Tomatoes or Sun-Dried Tomatoes		Colby Jack, Monterey Jack, or Pepper Jack
Mushrooms, chopped, sautéed		Blue Cheese
Butternut Squash, roasted		Brie
Brussels Sprouts, roasted		Parmesan
Zucchini or Yellow Squash, roasted		Goat Cheese/Chevre
Carrots or parsnips, roasted		