

Broccoli Rice Frittata

1 cup	Water
1/2 cup	Rice, long grain, uncooked
1 Tbsp	Chicken bouillon
1 Tbsp	Onion flakes
10 oz	Broccoli, frozen, thawed and drained
1 Tbsp	Lemon juice
1-3/4 cups	ReddiEgg Real Egg Product
1/3 cup	Milk, 1% lowfat
2 oz	Swiss cheese



In 10" omelet pan or skillet with ovenproof handle, bring water, rice, bouillon and onion to boiling. Reduce heat, cover and simmer until water is almost absorbed, about 15 minutes. Stir in thawed, drained broccoli and lemon juice. Cover and cook 5 more minutes. Mix egg product and milk until well blended. Stir in rice mixture. Cook over low to medium heat until eggs are almost set, about 12 minutes. Remove from heat. Sprinkle with cheese. Cover and let stand 5 minutes or broil about 6 inches from heat until eggs are completely set and cheese is melted, about 5 minutes. Makes 4 servings. Calories = 224; Fat = 4.2 grams; Cholesterol = 1 milligram.