**Broccoli Frittata**

½ bunch broccoli

10 mL oil

¼ onion, chopped fine

1. clove garlic, minced
2. eggs, lightly beaten

pinch salt, pepper and nutmeg

125 mL grated mozzarella cheese

1. Cut broccoli into florets. Clean broccoli by letting broccoli stand in a bowl full of cold water with approx. 25 mL salt for about 1 minute. Drain and rinse.
2. Cook broccoli in a glass bowl and a small amount of water (approx. 60 mL); cook on high for 3 minutes or until tender-crisp. Drain and set aside.
3. Prepare ingredients: finely chop onions and garlic. Lightly beat eggs in a small bowl with spices. Grate cheese.
4. In frying pan, heat oil over medium heat. Add onions and garlic; sauté for a few minutes.
5. Add broccoli and evenly displace over frying pan.
6. Pour egg mixture over broccoli (do not stir); tilt pan to evenly displace egg if need be. Sprinkle with cheese.
7. Cover (with a cookie sheet) and cook over medium-low heat for 5-10 minutes or until set but still slightly moist on top. Meanwhile, preheat oven on broil (the light will not go out).
8. Place under broiler for 2-3 minutes or lightly brown. In order to keep a close eye on it, leave oven door ajar.
9. Cut frittata into wedges.