# Red Bell Pepper Frittata

**Insert the missing words:**

combine stirring remove minced uncooked shredded preheat cover

heat add fluff sliced sauté sprinkle stir bring

1/2 cup water

1/3 cup (1)\_\_\_\_\_\_\_\_\_\_\_\_ couscous

1 tablespoon water

3/4 teaspoon salt

1/4 teaspoon black pepper

4 large egg whites

3 large eggs

Cooking spray

2 cups red bell pepper strips

1 cup thinly vertically (2)\_\_\_\_\_\_\_\_\_\_\_\_ onion

2 garlic cloves, (3)\_\_\_\_\_\_\_\_\_\_\_\_

1/3 cup (1 1/2 ounces) (4)\_\_\_\_\_\_\_\_\_\_\_\_ Manchego or Monterey Jack cheese

## Preparation

(5)\_\_\_\_\_\_\_\_\_\_\_\_ oven to 350°.

(6)\_\_\_\_\_\_\_\_\_\_\_\_ 1/2 cup water to boil in a small saucepan; gradually (7)\_\_\_\_\_\_\_\_\_\_\_\_ in couscous. (8)\_\_\_\_\_\_\_\_\_\_\_\_ from heat; (9)\_\_\_\_\_\_\_\_\_\_\_\_ and let stand 5 minutes. (10)\_\_\_\_\_\_\_\_\_\_\_\_ with a fork.

(11)\_\_\_\_\_\_\_\_\_\_\_\_ 1 tablespoon water, salt, black pepper, egg whites, and eggs in a medium bowl, (12)\_\_\_\_\_\_\_\_\_\_\_\_ with a whisk.

(13)\_\_\_\_\_\_\_\_\_\_\_\_a 10-inch ovenproof nonstick skillet coated with cooking spray over medium-high heat. (14)\_\_\_\_\_\_\_\_\_\_\_\_ bell pepper, onion, and garlic; (15)\_\_\_\_\_\_\_\_\_\_\_\_ 5 minutes. Stir in couscous and egg mixture; cook over medium heat 5 minutes or until almost set. (16)\_\_\_\_\_\_\_\_\_\_\_\_ with cheese. Bake at 350° for 10 minutes or until set. Let stand 5 minutes before serving.