

15-Minute Frittata

EASY | RECIPE

- 1 tbsp olive oil
- 1½ cups small broccoli florets (parboiled 2 minutes)
- 1 cup fresh mushrooms, sliced
- 4 large eggs
- 3 large egg whites
- ½ cup (2 oz) skim milk mozzarella cheese, grated
- ¼ tsp nutmeg
- ½ red bell pepper, chopped

1. Preheat oven broiler. Parboil broccoli 2-3 minutes; drain well.
2. Heat oil in a medium ovenproof skillet over medium heat.
3. Add broccoli and mushrooms and sauté 5 minutes, until tender.
4. Meanwhile, whisk whole eggs with egg whites; blend in cheese and nutmeg. Pour mixture into skillet.
5. Cover and cook over medium-low heat 5 minutes or until almost set.
6. Remove cover and broil 5 minutes or until set and lightly browned.
7. Cool 3-4 minutes before slicing; top each slice with chopped bell pepper.



Makes 4 (1-slice) servings. Per serving:

154 calories | 12g protein | 9.4g total fat | 2.8g sat fat | 4.6g mono fat | 1.4g poly fat | 190mg cholesterol | 4.7g carbohydrates | 1.9g sugar | 1.5g fiber | 190mg sodium

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