



Frittata

INGREDIENTS:

- 1 T. olive oil
- ½ c. diced onion
- ½ c. diced red pepper
- ½ c. sliced mushrooms
- 1 c. spinach
- 1 c. egg substitute
- 2 c. skim milk
- ¼ c. low-fat cheddar cheese
- ¼ t. salt
- ¼ t. pepper

PREPARATION:

- In medium sauce pan, add oil and sauté onion, red pepper, and sliced mushrooms.
- Add spinach and continue sautéing until spinach is wilted.
- Remove from heat.
- Combine egg substitute, skim milk, cheddar, salt, and pepper.
- Fold in spinach mixture.
- Pour mixture into 9-in square baking pan that has been prepared with pan spray.
- Bake in 350°F oven until knife inserted in center, comes out clean.

Servings: 16

Calories per serving: 106

Fat grams per serving: 8

Saturated fat per serving: 3 g

