

Garden Frittata

Serving size: 1 Wedge

Serves: 6

Ingredients:

3 cups pasteurized egg substitute
½ teaspoon salt
¼ teaspoon ground white pepper
1 teaspoon olive oil
2½ cups spinach, fresh, washed tough stems removed
¾ cup fresh mushrooms, thinly sliced
¼ cup zucchini, julienned
¼ cup yellow squash, julienned

Directions:

1. Combine egg substitute, salt and pepper.
2. In a 10 inch ovenproof, nonstick skillet, heat 1 tsp olive oil.
3. Add spinach, mushrooms, and squash. Sauté just to heat through.
4. Pour egg mixture into pan. Using a rubber spatula, stir eggs while cooking by lifting from bottom. Keep ingredients evenly distributed. Cook until almost set.
5. Meanwhile, preheat the oven to 325.
6. Place the skillet in the oven for 5-7 minutes to finish cooking the top of the frittata.
7. Invert onto a serving plate.

Exchanges per serving:

2 Lean Meat, ½ Non starchy Vegetable

Nutrients per serving:

Calories: 78

Calories from fat: 9

Total Fat: 1g

Cholesterol: 0mg

Total Carbohydrate: 2.9g

Sodium: 436mg

Dietary Fiber: 1g

Protein: 13.4g