

Egg White Frittata

Total Time: 25 mins (10 min cook time)

Servings: 4-6

Equipment: large mixing bowl, whisk, medium-large knife, large skillet (oven-safe)

Ingredients

12 egg whites, beaten

2 medium sized zucchini, thinly sliced [can replace with asparagus, spinach, broccoli]

2 roma tomatoes, diced

½ cup onion, diced

¼ cup parmesan cheese, grated

1 tablespoon fresh basil leaves

2 teaspoons black pepper

salt (just a pinch)

1 tablespoon butter (or substitute)

Preheat oven to broil.

Using a fork, beat eggs together in a medium-sized bowl, adding cheese, salt, and pepper. On the stovetop, warm a 12-in. oven-safe non-stick pan over medium heat. Add butter until melted. Add diced onions, zucchini and tomatoes and sauté for 2-3 minutes. Pour egg mixture into the pan and fold all ingredients together. Sprinkle in basil. Keep on stovetop for 3-4 more minutes until egg begins to set (firm). Move pan into oven and broil for 4-5 more minutes until lightly browned and fluffy. Remove, cut, and serve.

