

Vegetable Frittata

INGREDIENTS:

2 t Smart Balance spread
½ C sliced onion
½ C sliced zucchini
½ C chopped bell pepper
2 small tomatoes, diced
1 T chopped fresh basil
½ C egg whites
½ C 1% cottage cheese
¼ C non fat milk
¾ oz shredded reduced fat cheese

DIRECTIONS:

Coat skillet with cooking spray and place over medium heat, until hot. Melt spread in skillet and add onion, bell pepper and zucchini. Saute over medium-low heat until the vegetables are browned, 2-3 minutes. Add tomato, basil and black pepper to skillet and stir to blend. Cook 2-3 minutes and remove from heat.

Preheat broiler. In a blender, combine egg whites, cottage cheese and milk, blend until smooth. Pour egg mixture over the vegetables. Cover and cook on medium-low heat until the bottom is set and the top is still slightly wet. Transfer skillet to broiler and broil until top is set, 2-3 minutes. Sprinkle with cheese and broil until cheese melts.

Makes 2 servings
Calories: 158/serving

NUTRITIONAL INFORMATION PER SERVING:

18.45g protein
10g carbohydrates
5g fat
448 mg sodium
5mg cholesterol
2g fiber