

Broccoli Cheddar Frittata

Serves 4

4 whole eggs
4 egg whites
2 tbsp water
2 tsp olive oil
1 cup chopped sweet, Spanish or Vidalia onion
2 cups broccoli florets
Salt and pepper to taste
½ cup 2% milk or reduced fat shredded cheddar cheese

Preheat oven to 375 degrees

Whisk together whole eggs, egg whites and water

In a 10 inch oven-proof non-stick skillet, heat olive oil over medium heat

Add the onion and broccoli and sauté 2 minutes

Pour egg mixture over vegetables and cook until eggs are just about set

Sprinkle top of eggs with cheese and place skillet in oven until cheese is melted and eggs are firm

Cut into wedges and serve

Per serving:

169 calories

15 g protein

8 g carbohydrates

8.5 g fat

2.5 g sat fat

214 mg cholesterol

230 mg sodium

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