

Mini-Frittata

Serving size: 6 (2 muffins per person)

TOTAL TIME



DIFFICULTY



VEGETARIAN



GLUTEN-FREE



Preparation

1. Preheat oven to 350°F. Using a basting brush, lightly coat each muffin tin with oil.
2. In a large bowl, mix egg whites, vegetables, cheese, and pepper. Pour evenly into muffin tins until each is 2/3 full.
3. Bake for 10-12 minutes or until the eggs are set. Eat immediately or keep in refrigerator and reheat for a quick and easy breakfast.

Nutrition Facts Per Serving

Calories	68
Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Carbohydrate	4g
Fiber	0g
Protein	3g

Ingredients

- 1 teaspoon canola oil
- 3 cups liquid egg whites or 12 egg whites
- 3/4 cup tomato, diced
- 3/4 cup spinach, diced
- 1/3 cup onion, diced
- 1/4 cup low-fat cheddar cheese, shredded
- Pepper or hot pepper flakes to taste

Note: You can use any combination of vegetables you like.

