

Simple Veggie Frittata

1 SERVING 15 MINUTES



INGREDIENTS

- 1/4 cup Mushrooms (chopped)
- 1/4 cup Zucchini (chopped)
- 1/4 cup Red Onion (chopped)
- 1 tsp Minced Garlic
- 1 cup Baby Spinach
- 1/2 cup Egg Whites (Or Egg Substitute)
- 1 oz Fat Free Cheddar Cheese (1/4 cup)
- 1/8 tsp Everything Bagel Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	157	Fiber	2g
Fat	0g	Sugar	4g
Saturated	0g	Protein	26g
Trans	0g	Cholesterol	5mg
Carbs	13g	Sodium	533mg

DIRECTIONS

- 01 Warm up the non-stick skillet on medium-high heat.
- 02 Chop up vegetables and add to the skillet. Saute the vegetables until they are soft. (If you're using tomatoes, wait to throw them into the skillet until later in the cooking process since they tend to cook faster.)
- 03 Add egg whites to the pan and cover with a lid until they are just solid (about 3-5 minutes). Turn heat down to low-medium.
- 04 Once egg whites are solid, remove from heat.
- 05 Sprinkle with cheese and some Everything But The Bagel seasoning (or your favorite seasoning of choice). Recover with the lid until the cheese is melted.
- 06 Pair with a side of whole-grain toast or an English muffin and enjoy!

NOTES

VEGGIES

Use your favorite veggies that you have on hand.

VEGAN

Use a vegan or plant based cheese and a vegan egg like Just Egg.

LEFTOVERS

Store in a storage container for 1-3 days.