

Egg White, Squash & Spinach Frittata

Prep: 10 min
Cook: 40 min
Serves: 4

Ingredients:

- 1 tablespoon olive oil
- ½ large red bell pepper, diced
- 1 medium yellow squash, cut into bite-size pieces
- 1 cup fresh baby spinach, roughly chopped
- 2 cups egg whites
- ½ cup grated mild cheddar cheese
- 1 tablespoon chopped fresh thyme
- ½ teaspoons kosher salt
- Fresh chopped parsley, for garnish

Directions:

1. Preheat oven to 350°F.
2. Heat olive oil in a 10-inch cast iron skillet or an ovenproof nonstick skillet over medium heat. Add red bell pepper and squash and sauté for 5 to 6 minutes, until vegetables are softened.
3. Add the spinach, stir and cook until wilted, about 2 to 3 minutes.
4. Meanwhile, in a medium bowl, whisk together egg whites, cheddar cheese, thyme and salt to combine.
5. Pour egg whites into the skillet.
6. Bake for 30 to 35 minutes or until just set. Slice into wedges, garnish with parsley and serve warm.



Nutrition Information		
Serving size: 224g	4 servings	Calories: 170
Amount per Serving		% Daily Value
Total Fat	8g	10%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	550mg	24%
Total Carbohydrate	5g	2%
Dietary Fiber	1g	4%
Total Sugars	3g	
Added Sugars	0g	
Protein	18g	
Vitamin D	0mcg	
Calcium	133mg	10%
Iron	1mg	6%
Potassium	384mg	8%