

Frittata-Garden Vegetable

Serving size: ½ cup muffin; makes 6 servings

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Ingredients

- ¾ cup of fresh asparagus, chopped
- About 1 cup fresh mushrooms, sliced
- 1 cup egg whites (about 8 egg whites)
- 4 oz. gruyere cheese
- 2 teaspoon chopped fresh chives
- Non-stick cooking spray
- 1-2 tsp canola or any vegetable oil
- 1 medium yellow onion, julienne
- 2 teaspoon balsamic vinegar
- salt and pepper to taste



Preparation

1. Begin with preparing the sautéed mushroom: Heat about ½ tsp oil in a sauté pan or skillet over medium heat; add sliced mushrooms and sauté until softened.
2. Next, prepare caramelized onions: Heat about ½ tsp oil in a sauté pan on medium heat. Add julienned onions to the pan and sauté, stirring frequently until onions are fully wilted and golden brown. Add balsamic vinegar, salt, and pepper to the onions. Stir to combine thoroughly.
3. Next, begin making the frittata by coating a large muffin pan with non-stick cooking spray or oil.
4. For each frittata, place 1 oz. of caramelized onions, 1 oz. of asparagus, and 1 oz. of sautéed mushrooms into each muffin slot.
5. Pour 1 ½ oz. of egg whites over filling. Top each frittata with 1 tablespoon of cheese.
6. Place pan into the oven and bake at 375F for 10-15 minutes.
7. Garnish each frittata with 1 teaspoon of fresh chopped chives.

Nutritional Information

Per serving

Calories: 81, Total Fat: 4g, Saturated Fat: 2g, Cholesterol: 12mg

Total Carbohydrate: 4g, Dietary Fiber: 1g, Sugar: 2g

Protein: 9g, Sodium: 106mg, Potassium: 188mg

Adjusted from: Sodexo recipes