

## 15-Minute Frittata

- 1 tbsp **olive oil**
- 1½ cups small **broccoli florets** (parboiled 2 minutes)
- 1 cup sliced fresh **mushrooms**
- 4 large **eggs**
- 3 large **egg whites**
- ½ cup (2 oz) **skim milk mozzarella cheese**, grated
- ¼ tsp **nutmeg**
- ½ **red bell pepper**, chopped

1. Preheat oven broiler. Parboil broccoli 2-3 minutes; drain well.
2. Heat oil in a medium ovenproof skillet over medium heat.
3. Add broccoli and mushrooms and sauté 5 minutes, until tender.
4. Meanwhile, whisk whole eggs with whites; blend in cheese and nutmeg. Pour mixture into skillet.
5. Cover and cook over medium-low heat 5 minutes or until almost set.
6. Remove cover and broil 5 minutes or until set and lightly browned.
7. Cool 3-4 minutes before slicing; top each slice with chopped bell pepper.



**Makes 4 (1 slice) servings. Per serving:**

154 calories | 12g protein | 9.4g total fat | 2.8g sat fat | 4.6g mono fat | 1.4g poly fat  
| 190mg cholesterol | 4.7g carbs | 1.9g sugar | 1.5g fiber | 169mg sodium