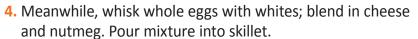
## 15-Minute Frittata

## EASY **RECIPE**

- 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
- 1/4 tsp nutmeg
- ½ red bell pepper, chopped

- 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.



- **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