

EGG WHITE FRITTATA

Healthy Tips for Living



Yield: Serves 4 - 6

Ingredients:

- 1 16 oz. carton pure egg whites (or 16 egg whites)
- 1 white onion
- 1 yellow, red or green bell pepper
- 1 Roma tomato
- 1 cup frozen spinach
- 12 sprigs chopped cilantro
- 1/2 tsp. salt
- 1-2 tsp. taco seasoning (or a seasoning of your choice)
- Black pepper to taste

Instructions:

1. **Preheat** your oven to 350 degrees Fahrenheit and remove frozen spinach from the freezer to thaw.
 2. **Pour** one 16 ounce carton of pure egg whites into a large mixing bowl. If you are using whole eggs, separate the yolk from 16 egg whites. You can discard the yolks or save them for another recipe.
 3. **Chop** 1/2-1 whole white onion (depending on your preference) and **add** it to the mixing bowl. **Add** 1 cup of thawed spinach. Then, **chop** one bell pepper and one Roma tomato and add to the mixing bowl. Finely **chop** 12 sprigs of cilantro (stems and all) and add them to the mixing bowl. You can substitute with your favorite vegetables if you prefer. Asparagus and mushrooms are wonderful!
 4. Next, **add** 1/2 teaspoon of salt. **Add** 1-2 teaspoons of taco seasoning. You can also substitute your favorite seasoning. **Add** fresh ground black pepper to taste and mix well.
 5. **Spray** a regular-size muffin pan with nonstick cooking spray and spoon the mixture. Be sure to **fill** each muffin cylinder about halfway.
 6. Place the tray in the oven and cook for 25 minutes.
- Garnish** with your favorite cheese to make this extra tasty.

Enjoy!

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