

## Egg White Frittata: 5-6 servings

6 Egg whites  
1 cup chopped spinach  
½ cup cherry tomatoes (halved)  
½ cup diced onion  
Dash of hot sauce (optional)  
1/8 tsp of salt and pepper each  
1 tsp olive oil  
2-3 leaves fresh basil chopped finely

Recipe: 432g, 206 Cal, 25g Pro, 14g  
Cho, 6g Fat, 626mg Na  
Serving: 72g, 34 Cal, 4g Pro, 2g Cho, 1g  
Fat, 104 mg Na



Tomek Charowski, Rebecca Harper, and  
Marshall Newman



You can make this with any combination of your favorite vegetables. You can top it with basil, cilantro, oregano, whatever you want! It makes a great side dish or a unique breakfast for someone special that is also low in fat and unnecessary calories.

Heat a skillet over med-hi heat with olive oil. Chop vegetables. Add onions and sauté for 4 minutes. Meanwhile, crack eggs and separate the whites from the yolks. Add the remaining vegetables (tomatoes and spinach) to the pan. Whisk the egg whites vigorously. Pour the egg whites over the vegetables and stir to ensure one even layer in the skillet. Cover and cook over med heat for 5 minutes. Serve hot. Top with your favorite herb!