

Quick Veggie Frittata



This Italian dish is similar to the omelet, yet it is not folded over to finish cooking. Traditionally baking it in an oven finishes it.

- *Cooking spray
- * $\frac{1}{2}$ cup packaged egg whites (or 4 large egg whites)
- *2 teaspoons prepared pesto
- *Coarse salt and cracked black pepper to taste
- *1 cup cut up veggies (such as broccoli, mushrooms and bell peppers)
- *1 teaspoon grated Parmesan

Lightly coat a shallow soup bowl with cooking spray. Pour in egg whites, pesto, salt and pepper to taste. Whisk with a fork to combine. Stir in vegetables. Place in microwave on high for 1 minute. Remove, stir once and cook for 1 minute more. Check for doneness. If the vegetables appear too raw, cover loosely with plastic wrap and cook an additional minute. Otherwise, cook uncovered for one more minute. Sprinkle with Parmesan and serve immediately.

Serving size 1 (typically one egg serves one person)