

VEGETABLE FRITTATA

Yield: 2 servings

Total time: 25-30 minutes

Protein: 22g

Carbohydrates: 3g

Fats: 12g

INGREDIENTS

- 4 Eggs + 184g Egg Whites
- Handful of spinach or veggies of choice
- Handful of chopped onions
- Handful of chopped bell peppers
- Minced Garlic
- 5ml Olive Oil

DIRECTIONS

1. Whisk together eggs, egg whites, salt, and pepper.
2. Heat oil in a nonstick skillet over medium heat.
3. Sauté garlic. Next, add spinach, onions, and bell peppers and cook until tender.
4. Spread out vegetables evenly over pan and pour egg mixture over the vegetable mixture.
5. Cover skillet with a top and cook on low until cooked all the way through (about 25 minutes). Split in half, serves two people.

