

## One Yolk Vegetable Frittata

(Makes 1 Frittata – Serving Size: 2 pieces)

### **Ingredients:**

- 8 egg whites, one egg yolk
- 1 tablespoon canola oil
- ½ cup Shiitake mushrooms – fine julienne
- ½ cup sweet onion – fine diced
- ½ cup red pepper – fine diced
- ½ cup zucchini – fine diced
- 1 teaspoon Turmeric
- To taste, salt and pepper
- ½ cup fresh spinach leaves – stems removed
- 1 – 100% whole wheat tortilla



**Allergen Warning:** This recipe contains ingredients that may cause allergic reactions in some individuals. Please change this recipe as needed if you have allergies to certain foods.

### **Directions:**

1. In a bowl combine 8 egg whites, one egg yolk and whisk until foamy.
2. In a 10 inch non-stick fry pan, add 1 tablespoon of canola oil and heat pan. When pan becomes hot, add shitake mushrooms and stir continuously until mushrooms begin to color light brown. Then add onion, pepper, zucchini and season to taste with salt and pepper stirring frequently.
3. As soon as the ingredients are stirred and coated with oil, add the turmeric and sauté until vegetables are just becoming tender. Add fresh spinach and cook until wilted. Add beaten eggs evenly around vegetables and begin to gently fold sides inward from rim of pan where the eggs begin to cook, while tilting the pan in direction of the fold to allow the loose uncooked eggs to fill that area and cook. Continually doing this around the pan will very quickly cook the eggs and begin to create the frittata.
4. At this point, finish cooking the top of the eggs by covering the pan with a plate of the same size. Flip the frittata onto the plate and then slide back into the pan to finish cooking the eggs.

### **Nutritional Analysis:** *(per serving)*

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|---------------------|-----------------------|
| ▪ Calories: 210     | ▪ Total Fiber: 2g     |
| ▪ Saturated Fat: 2g | ▪ Protein: 17g        |
| ▪ Sugars 5g         | ▪ Carbohydrate: 10g   |
| ▪ Sodium: 220 mg    | ▪ Cholesterol: 135 mg |

### **Source:**

*Cleveland Clinic Wellness Institute*