

LIGHT BROCCOLI FRITTATA

TOTAL TIME

20 minutes

SERVINGS

2

MENU

Serve with Bruschetta (see page 262) or a dark crusty bread and sliced tomatoes or any tangy light salad.

This good-looking frittata provides an enjoyable contrast in texture, with just enough creamy-smooth eggs to hold together the still slightly crisp broccoli.

- 1 tablespoon olive oil
- 1 cup chopped onions
- 2 cups chopped fresh or frozen broccoli (½-inch pieces)
- 2 garlic cloves, minced or pressed
- 2 teaspoons chopped fresh basil (1 teaspoon dried)
- dash of salt and ground black pepper
- 6 egg whites
- ¼ cup grated sharp cheddar, Pecorino, or ricotta salata cheese (optional)

Preheat the broiler.

Heat the oil in a large flameproof skillet and sauté the onions for about 5 minutes, until softened. Add the broccoli, garlic, and basil to the onions and continue to sauté for another 5 minutes, stirring occasionally, until the broccoli is bright green and crisp-tender. Add the salt and pepper to the egg whites and beat with a fork until frothy. Pour the beaten egg whites over the broccoli, tilting the skillet so that the eggs will flow evenly throughout the broccoli. Cook on low heat for 3 to 4 minutes, until the egg whites are opaque and almost firm. Sprinkle grated cheese on top, if you like, and place the skillet under the broiler for 2 to 3 minutes, until the cheese melts and begins to brown.

Cut the frittata in half and serve.

PER SERVING: 201 CALORIES, 12.4 G PROTEIN, 12.3 G FAT, 12.2 G CARBOHYDRATE, 170 MG SODIUM, 284 MG CHOLESTEROL.